

Instructions for patients having varicose veins treatments

You may prefer to wear slacks to your appointment as they will conceal the compression stocking. Bringing and wearing loose shorts may make you feel more comfortable during treatment.

After treatment

In order to ensure the success of the treatment it is essential that you observe the following instructions

- **As soon as you get off the couch please keep your leg moving.** When you leave the clinic you should walk, preferably accompanied, for at least thirty minutes – then you are free to go home.
- If you can, avoid standing still for long periods of time
- When sitting have your legs elevated if possible.
- You will be able to carry on with your normal life style. Activities and exercise is good, however in the first three days after treatment you should avoid strenuous activities- such as heavy lifting, intra abdominal pressure exercises and any activity that results in hard physical pounding of the legs.
- Leave your compression stocking on continuously for 2 weeks. It is most important to wear it continuously for the first three days. It is simple to bath or shower with the stocking on and simply dry the stocking with a towel or blow drier afterwards.
- If you find your thigh length stockings are slipping down there is special glue available to help them stay up (Cost \$26.00) some clients also fine bike shorts placed over the thigh portion of the stockings help.
- You may experience slight aching/pain in the legs in the first few days after treatment, If this occurs take two paracetamol tablets, do not rest your legs but continue walking as before.
- Please beware of possible complications and contact us in the following cases:
 - If you have severe or continuous pain or swelling of the leg especially pain on walking, please contact the clinic or organise an ultrasound assessment to check for a DVT.
 - Chest pain, cough or **shortness of breath** may indicate a pulmonary embolism, if you are concerned in the following week please go immediately to an emergency department.
 - Redness, heat or localised swelling over the treated veins may indicate a phlebitis which is best treated with anti-inflammatories, stockings and exercise
 - If you suffer from any other serious health related problems arising within the following 30 days after the procedure.
- **Always bring your compression stocking along for each follow up appointment**, Even though you may feel you have had an excellent result the ultrasound scan during your check up may show signs of veins reflux persisting and this may be best treated straight away. .
- You may see and feel hardened veins on the surface of your legs. These may feel quite bumpy and are often very dark in colour like a bruise, if they are large or tender they may be improved by releasing the dead blood (coagulum) from the vein, Please phone for an appointment with the nurse, there is no additional charge for this. As well relieving the discomfort, the releases of coagulum will help achieve a better cosmetic result quicker as it helps the resulting dark streaks fade a little quicker.

If you have any concerns or problems during your treatment please contact Dr little

At the clinic on 0800 256 654 or After Hours 021 442 060

Phone: 03 3432880 or 0800 256654.