

- 1) After the procedure, you will have a dressing placed on your leg. Do not get this dressing wet. Please take sponge baths during this time. You may take your dressing off after two days and take a warm shower. If there are Steri-strips on your leg they may remain in place.
- 2) After the dressing is removed, you may apply lotions as desired. Arnica cream may help limit the inflammation. A thin layer applied to the skin three times daily during the week following the procedure may also limit some bruising over the treated areas. This is not essential.
- 3) After the shower, you will need to place your full length stocking on the treated leg. Until your first office visit, we would ask that you try to wear the stocking day and night if possible, removing them only to shower. For the next two weeks, we would ask that you try to wear the stocking at all times during the day only, but you may remove them at night and to shower.
- 4) You will be asked to walk at the office for a few minutes before leaving. If it is necessary for you to travel, please stop and walk around for 5-10 minutes each hour. This muscular activity will help maintain good circulation and empty your leg veins, lessening the possibility of developing a blood clot.
- 5) Avoid swimming and strenuous exercise such as high impact aerobics, weight training, or running for 1-2 weeks. Walking daily is encouraged and promotes speedy healing. We recommend walking for at least 10 minutes, two times a day for the first two weeks.
- 6) Avoid prolonged standing for the first week and elevate your leg for 5-10 minutes periodically throughout the day.
- 7) We expect you to resume all your pre-procedure activities, including work. We would like you to continue to keep moving and maintain a normal level of activity.
- 8) Due to the dressing, some swelling of the foot may be present. If this becomes a nuisance you may wrap the foot with an Ace bandage. If a "pins and needles" sensation develops that does not abate with elevation, please remove the dressing. If numbness develops, please remove the dressing. If the symptoms improve, replace the stocking on your leg in a looser fashion. If these symptoms do not improve, please call the office.
- 9) You should expect to see some bruising along the treatment site as the vein disappears, this will gradually fade over the ensuing weeks. You may also feel some tenderness, tingling, itching or tightness in your treated leg for a few weeks. If you experience pain, contact our office promptly.
- 10) In the unlikely event that you notice blood through the dressing, do not become alarmed. This is a minor problem that is easily controlled. First, elevate your leg. Keeping the leg elevated, apply some extra pressure over the area. Elevation and compression are the most important things. It is unlikely that you will need to go to the emergency room for this problem. If bleeding continues or bandages become soaked through, call the office for further instructions.

- 11) You may take Ibuprofen for minor discomfort. You may continue the medication in a dose of 400-600 mg two to three times daily for one to two weeks. Prescription medication will be given as well. If you prefer, you may take Tylenol, Advil or Aleve, but please avoid aspirin products.
- 12) If you notice anything unusual that has not been discussed with you, or if you have any questions or concerns, please call the office. The doctor can be reached for emergencies day or night at 516-270-7353.

Please take note:

1. After the wraps and dressings are removed, you may notice some swelling, bruising and hardness. This will typically resolve on its own. Do not be alarmed.
2. If you have taken anti-anxiety medication, please be sure to have someone available to drive you home.
3. Please resume all previous medications. If you are on Coumadin, please resume your specific dosing schedule.
4. Avoid excessive exposure to the sun during the next two weeks, but if you do, please wear sunscreen (at least SPF 30) on your treated leg.
5. Refrain from swimming in heated pools, whirlpools, saunas or taking a hot bath for at least 2 weeks following the procedure. You may shower and clean your treated leg with warm water.
6. Arnica cream may help limit the bruising and inflammation. This can be applied one time the day prior to the procedure and daily thereafter, but is not essential.

Follow-up:

1. We would like to see you in our office within 1week following the procedure. If this was not scheduled yet, please call our office to make an appointment - a follow-up ultrasound will be performed at this time as well as any sclerotherapy – if needed.
2. Additional sclerotherapy sessions may be performed at 6-8 week intervals following this visit.

Thank you again for choosing The North Shore Vein Center. If you have any additional questions or concerns, please contact the office at 516-869-VEIN (8346).