

Instructions for patients having varicose vein treatments

Before treatment

- You may prefer to wear slacks to your appointment, as they will conceal the compression stocking.

After treatment

- In order to ensure the success of the treatment it is essential that you observe the following instructions:
- As soon as you leave the surgery you should walk (accompanied) for at least forty-five minutes.
- Walk as much as possible, preferably at least forty-five minutes per day. Walking reduces the pressure in the superficial veins and reduces the risk of thrombophlebitis and deep venous thrombosis.
- Avoid standing still for long periods of time
- Avoid international flights for 4 weeks afterwards, and one week prior to treatment
- When sitting have your legs elevated if possible.
- You will be able to carry on with your normal life style, however, you should avoid vigorous exercise or strenuous activities - such as squash and high impact aerobics - for the first three days after treatment.
- 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. If you have any severe or continuous pain or swelling of the leg, please contact the surgery.
- Leave your compression stocking on continuously for three days. You may remove the stocking to have a shower or bath but please put it back on immediately afterwards.
- After this time you may remove the stocking just before getting into bed but you must put it back on again before standing up in the morning.
- Continue to wear the stocking during the daytime only, for a further eleven days. **Always** bring your compression stocking along for each appointment.

If you have any concerns or problems during your treatment please contact Dr Ian Little on
021 442 060