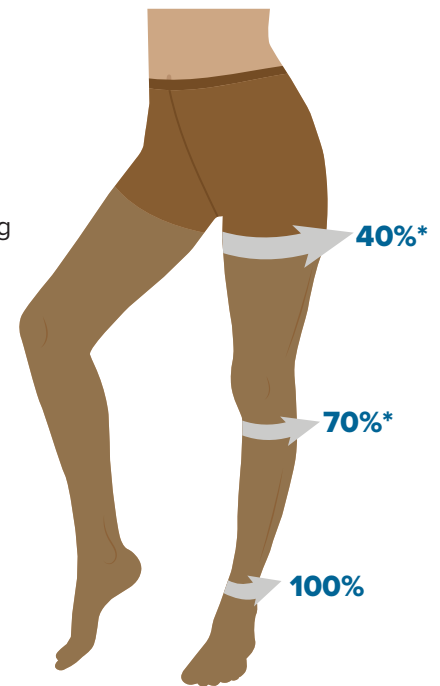


POST PROCEDURE INSTRUCTIONS FOR VARITHENA SCLEROTHERAPY

- Remove ace wraps after 24 hours.
- Wear stockings around the clock for 48 hours (sleep in them for 2 nights).
- Wear stockings during waking hours for 12 more days (14 days of stockings TOTAL).
- You do not need to wear stockings while showering.
- Use Ibuprofen (up to 600mg 3 times within a 24-hour period) or Tylenol (up to 1000mg 3 times within a 24-hour period) for discomfort.
- Walk 30-60 minutes per day. There is no limitation on walking or climbing stairs. Getting up and walking around will help alleviate discomfort.
- No hot tubs, baths, lakes or swimming pools for 2 weeks post procedure.
- Do not lift over 40 pounds for 1 week. You may resume normal workouts after 1 week.
- Avoid air travel for 1 week.



WHAT TO EXPECT AFTER VARITHENA

- 1) Expect bruising, which can be extensive. This is temporary and resolves gradually over several weeks.
- 2) Soreness or tenderness at injection sites is normal for 1-2 days. You may experience a stinging or burning sensation that lasts minutes to hours directly following the procedure. This is a sign that the medication is working in the vein. Walking and wearing compression stockings are recommended.
- 3) One or more areas of pain, redness and swelling may occur and usually are delayed by several days to weeks after the procedure. Blood can become trapped in closing veins as they heal and this can cause tender, sometimes lumpy areas in treated veins. If you develop tender spots you may want to begin taking an over-the-counter pain medication such as acetaminophen (Tylenol) or an NSAID (Ibuprofen, Advil, Motrin, Aleve, Naproxen). NSAIDs tend to be more effective at reducing the inflammation that causes pain. Always check with your primary care provider before taking any new medication. Consult the medication packaging instructions regarding maximum dosing or ask your pharmacist. Using this medication daily for 1-2 weeks can help reduce inflammation and speed your recovery even if it does not take the pain away entirely. Expect this pain to improve gradually over several weeks. Continue to wear your compression stockings during the day and continue walking a minimum of 40 min throughout the day as long as you are having discomfort. **Call the office for an appointment if you are having significant pain or extreme discomfort.** An US evaluation may be recommended to verify the source of your pain and guide your treatment.
- 4) Lasting numbness in the treatment area is not uncommon. This gradually improves over weeks to months.
- 5) Brown, tan or yellow staining of the skin (hyperpigmentation) may occur over the treated vein as it is being absorbed. This will lighten gradually over 6-18 months.
- 6) Generally, you will notice improvement in your symptoms over several weeks.
- 7) Optimal cosmetic improvement generally takes 6-12 months.
- 8) Vein disease is chronic and progressive. New veins will become unhealthy over time. Expect to follow up with your vein specialists at Physicians Vein Clinics.



FREQUENTLY ASKED QUESTIONS (FAQS)

Q: Is it normal to have blood on my stocking after the procedure?

A: Yes, you may have some bleeding from one or more of your treatment injection sites. This should resolve within a few hours of treatment.

Q: I'm noticing new lumps on my legs, is this normal?

A: Treated veins feel like firm lumps or ridges under the skin. This is normal and a sign that your treatment was successful. The lumps will resolve gradually as the vein is resorbed over 6-12 months.

Q: I have a painful spot that has developed after my treatment, what should I do?

A: The occurrence of pain, redness and swelling is common and is usually delayed by several days to weeks after treatment. Blood can become trapped in closing veins as they heal and this can cause tenderness, swelling and lumpy areas in treated veins. If you develop one or more painful spots you may want to begin taking an over-the-counter pain medication such as acetaminophen (Tylenol) or an NSAID (Ibuprofen, Advil, Motrin, Aleve, Naproxen). NSAIDs tend to be more effective at reducing the inflammation that causes pain. Always check with your primary care provider before taking any new medication. Consult the medication packaging instructions regarding maximum dosing or ask your pharmacist. Use this medication daily for 1-2 weeks. This will help reduce inflammation and speed your recovery even if it does not take the pain away entirely. Expect this pain to improve gradually over several weeks. Continue to wear your compression stockings during the day and continue walking a minimum of 40 min throughout the day as long as you are having discomfort. **Call the office for an appointment if you are having significant pain or extreme discomfort.** An US evaluation may be recommended to verify the source of your pain and guide your treatment.

Q: I have noticed areas of swelling in my treated leg, is this normal?

A: Swelling can occur over treated veins which is normal and a sign of successful treatment. Therefore, it is common to notice multiple areas of swelling after treatment. You may also notice lumpiness and tenderness in the areas of swelling. **Call the clinic if you notice generalized (overall) swelling of the leg, calf, ankle and/or foot after treatment, particularly if it is more pronounced in one leg compared to the other.**

Q: I have numbness of the skin on my treated leg, should I be worried?

A: Numbness is not uncommon after vein procedures. Skin nerves can be affected during the procedure which can cause numbness, tingling or "pins and needles". This is not worrisome and generally improves gradually over several months.

Q: I have a lot of bruising on my legs, is this normal?

A: You can expect significant bruising after vein procedures. This resolves slowly over 4-6 weeks. You may try an over-the-counter bruise remedy such as Arnica from your local pharmacy. Ask the pharmacist any questions you may have regarding this medication.

Q: I have noticed new veins on the surface of my treated leg, is this normal?

A: Yes, new veins can appear when unhealthy veins are treated. These are existing veins that become congested and visible. Sometimes they are so small and numerous they give a "matting" appearance. Matting typically improves or completely resolves within 6-12 months.

Q: When can I remove bandages applied during my procedure?

A: You may remove any bandages on the day following your procedure or anytime thereafter.

Q: When can I shower after my procedure?

A: You can shower the day following your procedure.

Q: I have a history of migraine headaches and I developed a migraine after my vein treatment, is this related to the procedure?

A: Migraines can be triggered by vein procedures. Treat these as you normally would. You may have migraines with future treatments and should plan to have migraine medication on hand at the time of treatment.

Q: *When should I call for help?*

A: Call 911 anytime you think you may need emergency care. For example:

- You faint/pass out (lose consciousness).
- You have difficulty breathing or feel like you cannot catch your breath.
- You have sudden chest pain, shortness of breath, or you cough up blood.

Call the clinic or seek immediate medical care for:

- Sores or wounds at injection sites.
- Signs concerning for a deep blood clot (deep venous thrombosis or DVT):
 - Pain in your calf.
 - Generalized (overall) swelling in the leg, calf, ankle and/or foot. Particularly when the swelling is more noticeable in one leg when compared to the other.
- Problems with your vision or balance.
- Pain that does not resolve with pain medication.
- Signs of infection:
 - Pus draining from the area of injection.
 - Fever.
 - Redness and pain that is expanding or spreading out around an injection site.

