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INFORMATION POST VARICOSE VEIN TREATMENT WITH LASER, COILS &/OR ULTRASOUND GUIDED SCLEROTHERAPY.

POST LASER/COILING & SCLEROSIS (First 24 Hours)

Firm compression bandages are applied at the completion of treatment. You must then do plenty of walking for the remainder of the day. Around a city block or shopping center is ideal.

These bandages are to remain in place until the following morning. Tight bandages, causing pain or inability to sleep, should be removed or loosened on retiring to bed. If pain is severe they should be loosened immediately.

The following morning all bandages, tape and cotton wool balls are to be removed. Any cotton wool that is stuck to your skin can be soaked off in the shower. Following the shower, gently pat legs dry then:

Leave open or/

Bandage _____ legs from ankle to knee, and continue to do this, removing the bandages at night for _____ days.

POST COILING (Over the next 7 days)

You will notice lumps redness, swelling and tenderness in the treated veins. **This is completely normal.** The treated large veins will remain tender and lumpy for about 6 weeks. You may take an analgesic or anti-inflammatory (Nurofen) if required. In the unlikely event that you develop swelling over the whole leg or severe pain, you should contact Mr. Milne's rooms and speak to the nurse. Any fever > 38 C should be reported.

There are no restrictions following the procedure, unless you have had sedation. You may drive, walk and do most chores normally in the lightweight bandages. Activity is essential to prevent any dangerous Deep Vein Thrombosis (DVT) and walking is the best activity for your legs at this time. The bandages will help control swelling and can be used for extended periods if desired without altering the effect of treatment. Athletic "skins" also provide compression that may reduce discomfort.

FLYING

We advise that you do not fly internationally for 10 days following ANY sclerotherapy, coils, or laser treatment. Domestic flights may be taken from the following day.

REMEMBER

You will notice lumps where the treated veins were. These solidified veins will become inflamed as they absorb. A hot pack or water bottle helps accelerate absorption and reduce discomfort. Itching following treatment can also occur.

PAIN THAT REQUIRES MORE THAN SIMPLE ANALGESIA SHOULD BE REPORTED.

COMPLICATIONS

If you are a smoker or overweight your risk of complications and delayed healing is doubled and you should ensure you stay active to manage this risk.

Minor swelling is common but major swelling involving the leg and foot must be reported IMMEDIATELY as treatment for deep vein thrombosis (DVT) needs to be prompt to avoid danger and to achieve a good result.

After coiling of your varicose veins, any complications or difficulties regarding the procedure should be referred immediately to Mr. Milne's office or his call service. Any other unrelated medical condition should of course be referred back to your local doctor.

APPOINTMENTS: Appointments will be scheduled for check ultrasound soon after if required and/or 2-6 weeks after the procedure to assess progress. If an appointment has not been made with you after your procedure please contact us.