

### *Post* treatment care of large varicose vein disease:

After your ultrasound guided injection of large varicose veins today we will ask you to go home and keep your legs elevated as they were in the office. Please do not fly until at least 48 hours after treatment.

The amount of time of elevation at home will vary depending on the amount of vein disease treated. A good position would be to lay on a sofa with your head on a pillow (not on the arm) and with your feet elevated on a pillow on top of the arm of the other end of the sofa. This would put your feet about 18 inches above your heart. You may get up during the time of elevation to eat, toilet, bathe, etc. but should limit yourself to no more than 10-15 minutes within a 2 hour period. We encourage you to actively walk during that time. You do not need to elevate your legs while sleeping. You may shower normally but do not take a hot soak bath or spend a long time standing in a hot shower. (The heat dilates blood vessels). You may eat anything you like. Compression stockings are a helpful adjunct to treatment so we ask you to wear your stockings during the day for two weeks after treatment.

Ideally, we avoid aspirin or ibuprofen immediately before and for 24 hours after treatment as these are anti-inflammatories and *theoretically* work against our purpose. For any soreness after treatment you may use Tylenol. However, if you are very sore you may use ibuprofen (Advil). An adequate dose might be ibuprofen 200 mg tabs taking 3 or 4 tablets at a time up to a total of no more than 2400 mg a day. Alternatively you could use Aleve 200 mg taking 2 tabs twice a day. Check with Dr. Douglass about any medications you may be taking. Prescription medications generally do not present any problem.

We expect some soreness after treatment though the degree will vary. This is normal. We also expect you to be bruised in some areas. Bruises will last about 7 to 14 days just as any bruise might. You may have some swelling around the ankles lasting several days. There may also be some localized tenderness and firm swelling around veins that were treated particularly larger varicose veins. If they are very sore you may place an ice bag on them in addition to being certain to keep your legs well elevated. After you have finished your elevation, you would walk 15-20 minutes a day while your vein treatment is ongoing.

You may see some areas of vein that look dark as if a pencil lead were under the skin. These are areas of blood being trapped inside a vein that has been closed down. We may need to remove some of this when we next see you back in the office.

Serious problems such as blood clot (deep venous thrombosis) or skin ulcers are very rare. If you have any problem of which you are uncertain or extensive pain, you may call the office (865) 686-0507 or, if after hours, you may reach Dr. Douglass at home (865) 470-2654 or on his cell phone (865) 300-7061.

After your period of elevation you should be able to resume your activities though you will have some soreness. You may exercise according to your previous routine but do not begin any new exercise regime while being treated without first checking with Dr. Douglass. If you lifted weights it is wise to only maintain toning weights for a period of time, using perhaps 1/3 the previous weight load.

Areas of hyperpigmentation tend to develop in the days and weeks following treatment for which reason we have you avoid laying out in the sun during treatment and for a period of two weeks afterwards. If you are going to have your treated areas exposed to the sun it is wise to apply a sunblock of SPF 30.