

*P*ost treatment care of medium (reticular) and spider vein disease:

After your treatment of medium and small veins today we may ask you to go home and keep your legs elevated for a period of time just as they were in the office. The amount of time of elevation at home will vary depending on the amount of vein disease treated. You may require no elevation at all or you may have already elevated for a sufficient time while in the office today. Dr. Douglass will tell you after each visit whether you will need to elevate and for how long.

If we ask you to elevate at home 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. After you have finished elevating you may go about your usual activities.

Compression stockings are a helpful adjunct to therapy. We ask that you bring your compression stockings with you to treatment, and that you wear them at all times except when sleeping for three days after treatment. You may wear them at night also, if you so desire.

You may continue any customary routine of exercise but don't begin any new exercise regimen while starting vein disease treatment. If you do weight training, it is best to reduce the weight to toning weights only while treatment is being done on your legs. We encourage you to walk 15 minutes a day while undergoing treatment.

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.

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.

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. Most patients don't require any medication.

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.

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.

Please don't apply skin moisturizers before coming into the office. Also, it is best not to shave your legs on the day of vein treatment. If you need to reschedule an appointment please let us know in advance.

If you have any problem of which you are uncertain 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.