

# POST PROCEDURE INSTRUCTIONS

## SPIDER VEIN TREATMENT

KERRVILLE (830)257-6316

SAN ANTONIO (210)561-9995

**Compression stockings** – Wear support hose all day and remove at bedtime. Continue to wear stockings from morning until bedtime for 5 – 7 days.

**Activity** – All activity is to be performed with support hose on. Most normal activity may be resumed after injections.

### Activities to Avoid:

Strenuous – heavy weight lifting, resistance training (1 wk)

Hot baths and showers, saunas, steam rooms, and whirlpool tubs (1 wk)

Leg massages for 3 weeks

Persistent sun exposure

**Airplane travel** – Airplane travel allowed within 24 hours of treatment as long as support hose are worn.

**Discomfort** – *Tylenol* or *Tylenol PM* if trouble sleeping. Continue baby aspirin if prescribed. Avoid Ibuprofen, aspirin products as they may increase bruising.

Bruising, lumps, and discoloration, resolves with time within hours.

Itching, mild resolving within hours.

**Remember** – Treated veins always look worse before they look better. Don't expect results after the first treatment. Good results are apparent after 2-5 sessions; most people will require more than 2 sessions. If no improvement after 2 sessions, patients need to consider possible underlying venous problem. Addressing possible problems will help achieve the best optimal cosmetic results.

**Expectations** – Be optimistic and realistic. Patients with MANY veins over much of the surface area of their legs, clearing may take 1 year.

**Pigmentations** – Small areas of temporary skin darkening can occur. To help prevent or eliminate this, apply a small amount of *Hiruval* cream twice daily to treated areas. (Only if needed, you may order on line at [Hiruval.com](http://Hiruval.com) or purchase at office.)