

Procedure Instructions

Before Your Procedure:

Please eat and drink a healthy meal before your appointment so you arrive well hydrated and with normal blood sugar.

Bring your **compression stockings** with you to each treatment visit.

Dermaka - is a topical cream used at our office primarily applied after sclerotherapy. It is found to speed healing by reducing bruising, redness and staining after treatment. Most patients benefit with the use of Dermaka cream but people who tend to have pink/irritable skin, people who tend to scar darkly, and people who bruise easily will especially benefit from continued use at home. We will apply Dermaka to your skin under your dressings while at the office. After your dressings are removed you should apply to the treated areas twice daily until bruising has fully resolved. **Dermaka cream is available to purchase at our office.**

Stockings and Dressings:

After thermal ablation (EVLV or RFA) – You will wear the stocking during the day for *one week*. Keep the compression stocking on until you go to bed. At bedtime you may remove the stocking and gauze dressings. If there is a steri-strip in place over the access site, leave it in place until it falls off on its own (typically a few days to a week).

Summary: During the day for one week (you do not have to sleep in the stocking unless it is more comfortable)

You may remove the gauze dressings and stocking the night of your procedure

After Sclerotherapy and/or Varithena (any injection used to seal a vein) – You will wear the stocking during the day for *2 weeks*. Keep the stocking and dressing in place continuously for the first 48 hours after the injections. At that point, you may remove the stocking, discard the cotton or dressing, and shower normally. From that point on, you may remove the stocking to shower or at bedtime, but wear it whenever you are out of bed for 2 weeks from the treatment.

Summary: Continuous for the first 48 hours

During the day for 2 weeks

Why are compression stockings important after treatment? **Compression stockings can help:**

- Promote good treatment results
- Improve blood flow, which reduces swelling
- Relieve aching and heaviness
- Prevent blood clots
- Minimize the amount of blood trapped in the veins as they seal

***If you experience pain or numbness in your ankle/toes or a skin reaction (rash, blistering) from the stocking band or dressings, remove the stocking and contact our office**

Exercise:

Avoid vigorous exercise or cardio workouts for one week after treatment. Anything that increases the blood flow to your legs, increases your heart rate, or makes you red/warm/sweaty dilates your leg veins and will increase the amount of blood trapped in the treated veins. **You may walk at a comfortable pace as much as you would like.**

Why is it important to walk every day after treatment?

- Walking improves blood circulation in your legs. You are encouraged to walk for at least 10 minutes daily for the first 28 days after treatment.
- Moving your legs is important to help prevent blood clots. Reposition your legs often, try not to stand or sit for longer than an hour at a time.

Travel:

I do not recommend having treatment within a week or two of prolonged travel. Prolonged sitting on a plane or car increases the risk of DVT, which is also a potential complication of most varicose vein treatments. **If you know you have an upcoming trip, we will try to work around that with your treatment plan.**

If travel is unavoidable, I strongly advise you to take precautions against DVT, including:

- Wearing your gradient compression stockings on the day of travel
- Keeping well hydrated
- Getting up and walking when possible
- Doing toe raise/calf flexing exercises while seated to keep your circulation moving
- Consider taking low dose Aspirin daily for 7-10 days before the trip

Medications:

You may continue your usual medications with the following exceptions:

- **Minocycline** is absolutely contraindicated during vein treatments.
- **Iron supplements and estrogen supplements** may slightly increase the risk of skin discoloration after vein treatments. If they can be safely discontinued, please do so starting one week prior to your first treatment and continuing until your therapy is complete.
- **Estrogen supplements and Hormone based contraceptives** increase the risk of blood clots. If they can be safely discontinued, please do so starting one week prior to your first treatment and continuing until your therapy is complete.
- **Blood thinners** should be discontinued one week prior to phlebectomy. Please discuss this with Dr. Jones if you take a blood thinner and are having a vein removed. Blood thinners may be continued during ablations or sclerotherapy.