

## Post treatment care for Varithena

**Wear your stockings during the day for two weeks after treatment.** Do not sleep in stockings. You may take Advil or Tylenol as needed for any leg soreness.

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 taking Advil or Aleve.

About three weeks after the first session of Varithena treatment of large varicose veins you may develop small pea or marble size lumps along the course of the treated veins. This is normal as the veins become somewhat like "beads on a string" after treatment. These small lumps will all gradually go away. If you should develop large lumps you should advise Dr. Douglass.

Around the same three week time frame after the first session of Varithena you may develop soreness again as well as occasionally seeing a slight pinkish color along the course of treated veins. This is no infection but rather reflects inflammation of the treated veins as expected. You may take Advil or Aleve for two or three doses which usually helps relieve the soreness.

Most patients will but require more than one session to close down varicose veins. As these treated veins break down a temporary brownish color will appear over the course of the veins. This reflects blood within the veins breaking down along with the veins. This pigment will gradually go away, but may require up to a year to clear completely. In a small percentage some discoloration will be permanent.

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. This is not a danger. However; we may need to remove some of this when we next see you back in the office.

You should be able to resume your activities without restrictions after treatment though you will have some soreness. We encourage you to **walk 15-20 minutes a day** while undergoing your vein treatments for at least the first two weeks after any treatment.

Areas of hyper pigmentation 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 40-50.

**Please do not fly for at least 48-hours after treatment. If you have to drive over 2 hours, please stop for 10-15 minute breaks after every 2 hours in the vehicle.**

Serious problems such as blood clot (deep venous thrombosis) or skin ulcers are very rare. Although extremely rare after this procedure, you should call Dr. Douglass while seeking immediate medical attention if you develop symptoms of marked leg swelling, chest pain and/or sudden shortness of breath. Call (865) 686-0507 Monday – Thursday 8am 6pm. We are closed for most major holidays. After hours, please use the following numbers:  
Dr. Douglass home: (865) 470-2654 or Dr. Douglass cell: (865) 300-7061.

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Patient Name

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Date

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Patient Signature

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Staff Initials