

## Immediately After Procedure

Typically, the injected areas may be sensitive to the touch, swell slightly and look bruised. The small vessels may turn dark in color. This discoloration is normal and will disappear as the healing process takes place.

On larger vessels, you may have some redness, tenderness, or some lumps form along the treated veins. You may also feel a pulling or tight sensation along the vein. These responses to the injections are normal and may take 4-8 weeks to resolve.

## Recommended

- ☼ Wear your compression stocking(s) every day for a minimum of 7 days. You may take them off at night to sleep. You can never wear them for too long so if at any point during your treatment you experience any leg pain or mild swelling, and you are not wearing your compression stocking(s), put them back on.
- ☼ You may experience some mild discomfort such as aching, throbbing, or itching for the first couple of days after your treatment. This is a normal part of the healing process and should subside with time. Take Tylenol (acetaminophen), Ibuprofen (Advil, Nuprin), or Aleve (naproxen) as directed on the bottle if needed.
- ☼ Exercise is an important part of the healing process. Walk at least 20 to 30 minutes daily. Walking will usually help any discomfort in the leg.
- ☼ You may resume all your regular activities, including work, immediately. Continue to keep moving and maintain a normal level of activity.

## Avoid

- ☼ Hot tubs, saunas, and leg massages during treatment. Bathe using warm, not hot water. Showers are better than tub baths.
- ☼ Direct sun exposure to the treated leg(s) for 2 weeks. For sustained outdoor activities, sunscreen is recommended.
- ☼ High impact aerobics.

It is important to remember that it has often taken years for these veins to develop, and they will not disappear overnight. Be patient and allow time for healing to occur.

Please call the office with any questions you may have about your treatment or how your legs are feeling: 914-949-8346.

**Please bring your stockings with you to all office visits.**