



Post-Operative instructions for Varithena ®

DAY 1: Leave your compression stockings or wrapping on for **48 hours** following your treatment.

Day 2: Keep leg wrapped.

Day 3: After 48 hours after treatment:

- ✓ You may **REMOVE** your **BANDAGES** ★
- ✓ Take a shower
- ✓ The injection sites may be washed with a mild soap and tepid water.
- ✓ **Walking is encouraged.** ★

NEXT 1-2 Weeks:

- ✓ For the next **1 WEEK** following your treatment wear your compression stockings **ONLY** during the **DAY**. Remove them at night. You do not need to sleep in them.
- ✓ **WALKING IS ENCOURAGED.**

✗ TRAVEL: Avoid long distance travel via Car or Plane prior to your 1 week follow up.
(Compression should be worn with any travel)

✗ PUMP: DO NOT USE LYMPHEDEMA PUMP UNTIL AFTER YOUR FOLLOW UP APPOINTMENT

MEDICATION to AVOID **48 hours** after treatment:

- ✗** Iron supplements
- ✗** Aspirin (unless taking a daily Aspirin - DO NOT STOP taking that medication.)
- ✗** Ibuprofen or other anti-inflammatory medications. (Tylenol may be used if needed)

ACTIVITY to AVOID **1 WEEK** after treatment:

- ✗** Swimming, hot baths, Whirlpools, saunas or hot compresses
- ✗** No oils, lotions, creams or powders on treated leg
- ✗** No Lifting over **10Lbs**
- ✗** No tanning beds or outside tanning/ avoid prolonged sun exposure
- ✗** Running/ High Impact exercise

NORMAL SIDE EFFECTS:

- ✓ You may experience **TENDER** areas along the injection sites.
- ✓ Sometimes **BRUISING /DISCOLORATION** is seen along the vein.
- ✓ Areas that feel **HARD** to touch. This occurs as the veins are closing, partially in larger varicose veins. If those areas are painful, you can contact us and we will arrange for an appointment to address those areas and help with the discomfort. This does need to be done in a timely manner.

ABNORMAL SIDE EFFECTS: (Please Contact us Immediately)

- ✗** A sudden onset of a **swollen leg**
- ✗** Formation of small **ulcers or blisters** (fluid filled sacs) at the injection site
- ✗** Increased **redness or streaking**, leg(s) swollen or **warm to touch**
- ✗** **Increased pain, drainage** of any kind or any sign or symptoms of infection

CONTACT INFO:

PHONE: (602) 298-7777

VEIN CENTER HOURS: MONDAY – THURSDAY 6:00AM-3:30PM

PHOENIX HEART HOURS: MONDAY – FRIDAY 7:00AM-5:00PM

If you are experiencing an emergency, call **911** or go immediately to the nearest ER.