

Please follow these instructions unless Dr. Isadore has given you different instructions for your procedure.

FIRST NIGHT & NEXT MORNING

- 1. FIRST NIGHT** Keep your compression stocking on and sleep in it overnight. Keep any small bandage/Band-Aid in place.
- 2. NEXT MORNING** Remove the compression stocking and any bandage/Band-Aid. You may shower with lukewarm water; do not soak the leg.
- 3. AFTER SHOWER** Dry your leg completely, then put the compression stocking back on.

COMPRESSION STOCKING

- Wear stocking for 7 days, unless otherwise instructed.
- After the first night, remove the stocking to sleep & shower.
- Sometimes the rubber thigh band can irritate your skin. You can turn stockings inside out or wear tight fitting undergarment shorts and place rubber band on top of shorts material, to create a barrier between your skin.

ACTIVITY & RESTRICTIONS

- Leisure activity is encouraged, including your daily routine, work, and walks. Limit walks to 1-2 miles.
- Avoid prolonged inactivity; get up and walk regularly throughout the day.
- No strenuous exercise for 7 days, or for the duration of compression stocking use as directed by Dr. Isadore.
- Avoid hot tubs, saunas, swimming, baths, or other leg submersion for the duration of your compression stocking course.
- **Avoid direct sun or tanning on treated areas for 2 weeks.**
Once injection sites heal, use SPF 30 or higher if exposed.

WHAT YOU MAY NOTICE

- Bruising, mild aching or tenderness, small areas of redness, and mild swelling can occur. Larger foam-treated veins often feel firm, lumpy, or cord-like. These firm bumps are the now closed treated vein, and can be relieved with needle aspiration at your follow-up visit.
- If spider veins were treated during your visit, they may appear irritated and red for the remainder of the day, then become bruised or darker during healing. They often look worse before they look better.
- Spider veins usually lighten over several weeks and may continue improving for months. Multiple rounds of injections are often needed. Temporary brown pigmentation can take weeks to months to fade.
- Trapped blood can sometimes form in treated veins and may be drained at follow-up if needed. For discomfort, take acetaminophen (Tylenol) as directed if safe for you.

CALL OCEANA VEIN SPECIALISTS

- Increasing or severe pain in the treated leg.
- New or worsening leg swelling, especially swelling of the entire leg.
- Increasing redness, warmth, tenderness, or red streaking toward the groin.
- A blister, skin ulcer, drainage, persistent bleeding, fever, or chills.
- A painful hard lump or other symptom that is concerning or getting worse. These often can be quickly relieved with needle aspiration.

EMERGENCY WARNING SIGNS

CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM IMMEDIATELY for:

- Chest pain or chest pressure.
- Shortness of breath or difficulty breathing.
- Sudden dizziness, lightheadedness, fainting, or coughing up blood.
- Sudden vision loss or major visual change, facial droop, trouble speaking, confusion, or one-sided weakness/numbness.
- A sudden severe headache or other severe unexplained neurologic symptom.
- Swelling of the lips/tongue, hives with trouble breathing, or another severe allergic reaction.

Do not wait for a call back from our office if you are having emergency symptoms.