

After Treatment Instructions for Varithena

It is not uncommon to have slightly more tenderness and discomfort the second week after each procedure. Normal exercise can be resumed on the same day of treatment within reason. We recommend avoiding high impact or strenuous exercise for a week.

- **Aspirin:** If you are already on a blood thinner, do not take this aspirin. For those not on blood thinners, please take an 81mg of Aspirin (aka “baby aspirin”) daily after your first treatment and continue for 2 weeks after your 1-week ultrasound and followup. This helps reduce risks of blood clots and reduces inflammation.
- **Wraps/Bandages:** Post treatment bandages and compression is to remain dry and in place for 48 hours (2 days) straight. After 2 days, they can be removed, but compression wraps or stockings are then to be worn day and night for 2 weeks, and taken off only to bathe or shower.
- **Please avoid scraping/removing scab/shaving at the treatment access site(s) for 5 days.**
- **No Hot Tubs, Bath Tubs, Saunas, or Swimming:** Please refrain from hot tubs/swimming for 2 weeks following the procedure to prevent increased inflammation or infection. Showers are good. You will be able to shower completely 48 hours after your treatment. If you can keep the wraps and bandages covered and dry you can shower the same day, or day after treatment.
- **Activity After Treatment:** When you arrive home, we ask that you complete three separate 20 minutes walks during the day of the procedure and 1-2 walks a day for the

following week. This is more of a guideline. We want you active after treatment. We do not want you sitting for long periods of time. Your leg may also feel “tight” and some bruising and discomfort is expected for 7-14 days afterwards.

- **Pain Relief After Treatment (Over The Counter):** Motrin/ Advil (ibuprofen 200mg- take 3 tablets every 8 hours with food) OR Aleve (naproxen 225mg-take 2 tablets every 12 hours with food). You will be encouraged to use one of these medications on a daily basis for 1 to 2 weeks after treatment even if you are not hurting. Why? Because it helps reduce inflammation and pain that might sneak up on you a few days after your treatment.
- **Current Medications:** Continue taking all prescribed medications as you normally would as directed by your physician. This includes any blood thinner or aspirin. You do not need to stop taking your medicine. If you are on a blood thinner you may get more bruising, but this will gradually fade like normal bruising does.
- **Air Travel Restrictions:** No airplane flights until your 1-week after treatment ultrasound is done. This is to make sure there are no issues, like a blood clot, before you travel. If there is a blood clot, you will not be able to travel on an airplane until you are cleared by Dr. Eidson.
- **Car Travel Restrictions:** Avoid long car rides over 2 hours until your 1-week after treatment ultrasound is done. Let Dr. Eidson know if you have to travel by car over 2 hours. Restrictions are not as bad as air travel because you can get out of the car and walk around.

You will be scheduled for a follow up appointment approximately 1-week after the conclusion of your procedures. A follow-up ultrasound will be performed at that time to verify successful closure and check for any issues. This is a very important ultrasound. Please make sure that you show up for your appointment.

Please do not hesitate to call the office if you are concerned about anything or have any questions. Some symptoms of a blood clot (DVT and/or PE): Significant pain, swelling and/or redness in the treated leg that limits your walking and hurts all over the calf and/or thigh, fainting, shortness of breath, rapid heart rate, and chest pain. Call Dr. Eidson immediately if you experience any of these symptoms.

Office Hours Number: 817-795-8346