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PATIENT COPY

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| Post-Operative instructions for Varithena ® |
| **DAY 1:** |
| Leave your compression stockings **or** wrapping on for **48 hours** following your treatment.  **YOU MAY RETURN TO NORMAL DAILY ACTIVITY ON THE DAY OF YOUR TREATMENT – WALKING IS ENCOURAGED.** |
| **Day 2: After 24 hours after treatment: Keep leg wrapped.** |
| **Day 3: After 48 hours after treatment:** |
| * You may **remove** your compression stockings or bandages and cotton. * Take a shower- Lukewarm water * The injection sites may be washed with a mild soap and tepid water. * **Walking is encouraged.** |
| **NEXT 1-2 Weeks:** |
| For the next **1-2** weeks following your treatment wear your compression stockings **ONLY** during the **DAY**. Remove them at night. You do not need to sleep in them. |
| **SIDE EFFECTS: Should any of the following occur, contact your physician 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 |
| **Medication to AVOID 48 hours after treatment:** |
| * Aspirin (unless taking a daily 81mg Aspirin - DO NOT STOP taking that medication.) * Ibuprofen or other anti-inflammatory medications. **(Tylenol may be used if needed)** * Iron Supplements |
| **Activity to AVOID 72 hours after treatment:** |
| * Hot baths, Whirlpools, saunas or hot compresses * No oils, lotions, creams or powders to legs * No swimming |
| **Activity to AVOID 1 week after treatment:** |
| * **No tanning beds or outside tanning/ avoid prolonged sun exposure** * Running, High-impact exercise and high-impact aerobics/sports * Weight lifting/ Leg press. |
| **CONTACT INFO:** |
| If you have any concerns, call **(602) 298-7777** You mayCall this same number after hours or on weekends and our answering service will take your message and page the **On-Call physician.** If you are experiencing a true vascular emergency, call **911** or go immediately to the nearest Emergency Room |