



TREATMENTS

To ensure proper healing, find your treatment below and follow the aftercare instructions. Be sure to read the back side, which has extra tips to help your healing process.

VenaSeal™ (glue closure)

Patients who have vein closure with VenaSeal™ will have a pressure dressing that may be removed 48 hours after the procedure.

Varithena® (injectable foam)

Patients who have vein closure with Varithena® will receive a pressure dressing that may be removed in 48 hours after the procedure. If there were prominent, bulging veins, we may request that you keep the area compressed with a pressure dressing for 4 – 5 days for the best visual results.

Sclerotherapy (spider vein treatment)

After your treatment, a compression bandage will be placed on the area and needs to be worn for 48 hours. It is very common to see small welts resembling a bee sting for a couple of days.

Sclerotherapy (continued)

You may experience mild discomfort or itching as your body heals. To alleviate minor side effects, take an anti-inflammatory as directed.

Over the next several weeks, the body's healing process can result in the appearance of red, bruised, or irritated areas where you were injected. It can take several weeks for this to resolve and requires patience. Areas injected will be photosensitive! Avoid direct sun exposure as much as possible for a month after treatment, including sunbathing and tanning salons. For normal daily activities, we recommend daily application of sunscreen.

We do our best to treat all your spider veins, but it is possible to need additional treatments for complete resolution.

ALL VEIN TREATMENTS

Walking several times a day for 20 minutes is encouraged and promotes faster healing. For the next several days/weeks, you may experience some inflammation and firmness along the length of the treated vein; this is a normal and expected part of the healing process.

Avoid prolonged sitting or standing for the first week after your procedure. You can elevate the legs above the level of your heart at night by propping them on pillows or blankets.

Do not swim, use hot tubs/saunas (including lakes and oceans) for 2-3 days after any procedure. Take showers, no bathing. We expect you to be able to resume all pre-procedure normal activities, including work and mild exercise, the same day.



WHAT TO EXPECT

Following treatment, some patients *may* experience a mild reaction which can include **increased tenderness, redness, pain, pulling sensation, warmth, itching, lumps/knots, bruising, and swelling** of the treated leg. Most of these symptoms will resolve in time on their own. To alleviate minor symptoms, take an anti-inflammatory medication (Motrin, Tylenol, Alleve) as directed on the bottle. Use ice for the first 48 hours. We also recommend the use of a warm, moist compress application at 20-minute intervals after 48 hours.

Many patients benefit from using Aspercreme with Lidocaine, which is applied topically to the intact skin as needed. If you have swelling, apply a compression wrap with an Ace bandage or compression sock. If symptoms persist despite trying these therapies, please contact us.

HOMEOPATHIC REMEDIES

Arnica Montana (“arnica gel”) or Amerigel Care lotion may be used to reduce uncomfortable swelling, pain, and bruising after procedures. Grape seed extract may be helpful to decrease bruising and inflammation. Take one tablet twice a day with meals for two weeks.

Vitamin C may increase wound healing – take 1000mg, twice daily for two weeks.



T.C. Lackey II, D.O.

FOLLOW UP

Your follow up appointment will be scheduled after your last vein treatment. It is important that you keep your follow up appointments to ensure proper healing.

Any type of vein treatment can produce some normal level of discomfort. If you have extreme discomfort, bleeding, or extreme swelling, notify our office immediately.

941-257-0765

1217 Jacaranda Blvd.
Venice, FL 34292

941-866-8989

9114 Town Center Pkwy., Ste. 101,
Lakewood Ranch, FL 34202

941-777-7771

19790 Wellen Park Blvd, Ste. 201B,
Venice, FL 34293