



**FLORIDA LAKES
VEIN CENTER**
FloridaLakesVeinCenter.com

VEIN AFTERCARE Instructions

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.

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