



AFTER VEIN TREATMENT

- Walk for 10 minutes immediately after any treatment. Bring comfortable shoes for this.
- Walk for 45 minutes every day while in the stockings, (this can be several shorter walks throughout the day)
- Expect to feel tender & bruised for some time afterwards.
- Expect the veins to look darker (worse) and feel hard & lumpy for weeks or months after treatment.
- Treated veins will gradually disappear.
- Keep your stockings on night & day as instructed (see "Stocking Tips" over page).
- Avoid high impact exercise, running, lifting heavy weights, wearing high heels, & prolonged standing or sitting while in the stockings.
- Avoid any long haul flights (4hrs or more) within 4 weeks of treatment (both before and after).
- Take Panadol or Nurofen for pain relief if necessary.
- Usually veins require several treatments to achieve the desired result.

Try to get back to "normal" life immediately.

If concerned, please call the Clinic on **09 410 0990** or **0800 085 555**
or Dr Elisabeth on her mobile 0274 862 008 or home phone 09 478 6020