

INSTRUCTIONS FOR CARE After Treatment With Varithena™

VCS *vein care
specialists*

For the first 72 hours after treatment

DO NOT remove the bandages and compression stocking applied by your doctor.

Remove the post-treatment bandages after 72 hours, but continue to wear a compression stocking.

For the first 7 days

DO NOT participate in strenuous exercise.

For the first 14 days

WEAR compression stockings during the day.

DO NOT take a bath or shower. Keep bandages dry.

For the first 28 days

WALK daily for a minimum of 10 minutes.

AVOID sitting for long stretches of time, such as long car or plane rides.



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Why are compression stockings important after treatment?

Compression stockings can help:

- Promote good treatment results
- Improve blood flow, which reduces swelling
- Relieve aching and heaviness
- Prevent blood clots

Why is it important to walk every day?

Walking improves blood circulation in your legs. You are encouraged to walk for at least 10 minutes daily for the first 28 days after treatment.

Moving your legs is important to help prevent blood clots. Reposition your legs often and try not to stand or sit for longer than an hour at a time.

Post-Procedure Restrictions

- No lifting over 20 pounds
- Minimal squatting
- Minimal bending
- Minimal stooping
- Minimal stair climbing
- No baths or swimming for 2 weeks
- No air travel for 2 weeks
- Avoid strenuous exercise such as high impact aerobics, heavy weight training and Pilates
- If standing for long periods of time take short breaks to elevate your leg (15 minutes every 2 hours)
- If you need to travel far by car, get out of the car every 2 hours and walk 5-10 minutes



Encouraged Activities

- Begin walking today, and every day after, for at least 30 minutes or 5-10 minutes every hour. You may walk on a treadmill, elliptical cycle or ride a recumbent bike
- Elevate your leg when seated if possible to reduce soreness and swelling
- If you feel bruising or tightness, place an ice pack on the groin or bend the knee area (depending on what was treated) for 20 minutes on and 20 minutes off repetitively
- Naproxen (Aleve) or Ibuprofen (Advil) to help with inflammation and pain



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