# WHAT TO EXPECT AFTER YOUR PROCEDURE

* There are 4 parts to varicose vein treatment at SVH:

1. Radio Frequency Ablation (RFA) of larger truncal varicose veins
2. Sclerotherapy injection guided by ultrasound (UGS), of smaller veins that feed the larger treated veins
3. Compression stockings
4. Patient exercise post procedure

* Eat and drink normally, take your personal medication as per normal unless you have been advised otherwise
* Your incision points may ooze after your procedure, if so, firmly apply pressure to the area for 5 – 10 minutes with your leg elevated
* Remember that you have signed a consent form agreeing that until the following day you will not drive a vehicle, consume alcohol, operate any heavy machinery, sign any legal documents or make any important decisions
* Discuss your work commitments with your surgeon before the procedure
* A degree of discomfort, warmth and swelling is expected in the areas treated. If necessary, take Paracetamol and / or Ibuprofen (as per package guidelines / GP advice). Hirudoid Cream / Voltaren Gel are also effective to rub over treated areas
* Hard tender lumps and bruising will appear on treated legs, this is normal, but will take a few weeks to settle. Treated areas may also itch, this should settle within a few days
* You may experience a burning / stinging / pins and needles sensation in your feet / legs during the first couple of days and nights following your procedure. Walking and pain relief will resolve this

# HOW TO ACHIEVE BEST RESULTS

## Day 1 – 5 after your procedure:

* Wear your compression stockings 24 hours a day for the first 5 days (you can shower with your stockings on, or use a waterproof cover, which SVH sell) just towel dry or carefully use a hairdryer on low heat
* **Walk** as much as possible after your procedure, this keeps the blood flowing in the deep veins and helps your body absorb the treated veins, lowering the risk of developing a clot (DVT). You may return to your normal activities the next day. The more exercise the better!

## Day 5 – 10 after your procedure:

* It is advised to leave your stockings on for the full 10 days after your procedure, return to normal life and keep walking!

# FREQUENTLY ASKED QUESTIONS

HOW DO I KEEP MY STOCKINGS UP?

Thigh high stockings should sit 2/3rds up your thigh, ensure your stockings are not pulled up too high, otherwise friction and drag may occur and you may get a reaction from the silicone stocking band. Stocking glue is available from SVH if your stockings persistently fall down. It is a good idea to roll the cuff of your thigh high stocking over at night to prevent drag and friction when sleeping

HOW DO I GET MY STOCKINGS ON AND OFF?

Rubber gloves, such as dishwashing gloves, can be useful to assist in stocking placement, you may receive a plastic sleeve only with open toe stockings, slide this over the foot, then slide the stocking over, pull the sleeve off your foot, pull the stocking up, taking care to have no wrinkles

CAN I SWIM?

Swimming, hot tubs and taking a bath should be avoided at least 48 hours after your procedure

CAN I SHOWER IN MY STOCKINGS?

Daily showering is fine, simply pat dry

WHEN CAN I RESUME NORMAL ACTIVITIES?

It is important to keep moving after your procedure. Most daily activities (including sport) can be resumed the next day following your procedure

SCLEROTHERAPY

* Compression stockings on for 24 hours for 5 days
* WALK, WALK, WALK
* If you experience minor discomfort in the treated leg, or a headache, take your personal pain relief as you usually would

WHEN CAN I TRAVEL LONG DISTANCES?

Post procedure, you can travel within New Zealand after 24 hours, Australia and the Pacific Islands after 48 hours. If you are travelling further afield, you should wait 5-7 days after your procedure. Please discuss your travel intentions with your surgeon at the time of booking

To assist in DVT precautions when travelling, ensure you wear your compression stockings for the duration of your journey. Ensure you move around the aircraft, or stop for breaks if travelling by road. Keep well hydrated with water and have a good walk when you reach your destination

# CLINIC ENQUIRIES

* Any concerns NOT covered in this pamphlet, please contact SVH 04 3894999 or 0800 834643
* For admin, accounts or changes to appointments, please contact the above numbers
* As part of your clinic follow up, the clinic nurse will contact you within 10 days of your procedure

# EMERGENCIES

**Seek IMMEDIATE HELP (call an ambulance 111 or go directly to A & E at your nearest hospital) if the following occurs:**

### You have difficulty breathing, which gets worse with every breath or when you take a deep breath

* **You have sudden onset chest pain, or shortness of breath or you cough up blood**
* **You have pain in your calf, and you have difficulty walking due to the pain**

### Your calf has become excessively swollen, extremely painful and hot to touch and you have difficulty walking / putting that foot flat to the floor