



# VEINDOCTORS GROUP

## OUTPATIENT

### PRE-TREATMENT INSTRUCTIONS



**Fish oil, HRT & Pill** – it is recommended that these are **stopped one month prior** and restarted one month after all treatment is complete. If you require further clarification please contact us.

Blood thinners do not usually need to be stopped. However, please talk to your vein doctor in advance about why you are taking blood thinners.



**Do not use self tanning products, solariums or have a spray tan** at least 4 weeks prior to treatment.



A **short walk** before your appointment is advised and **bring your walking shoes** for your post-treatment walk. If you are already wearing compression garments, please do not wear your compression garments to your treatment appointment.



**Bring a driver if you wish to use the extra inhalant medication (Penthrox).**

# POST-TREATMENT INSTRUCTIONS

## EXERCISE

You are required to **walk at a normal pace** immediately after treatment **for at least 30 mins.**

- » Avoid power walking or walking with weights.
- » Walking uses the calf muscles, reduces pressure in treated veins, and can ease aching.
- » The combination of compression and walking minimises the risk of deep vein thrombosis. Do not confine yourself to bed.



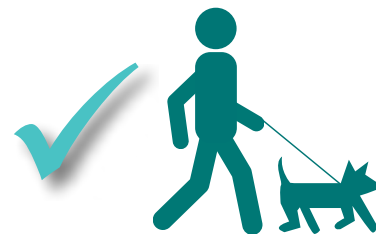
You must **walk for 30 minutes twice per day** for the **2 weeks** after treatment



**Avoid strenuous activities for 2 weeks after treatment** (e.g. running, high-impact aerobics or heavy lifting).



**Mild exercise is permitted and encouraged.** Continue your normal work or home duties if not strenuous.



## PAIN RELIEF

**After Endovenous Laser, Radio Frequency Treatment or Sclerotherapy**

- » You may experience some discomfort around the veins you had treated increasing at days 5 to 7 due to the healing process.
- » As long as you don't have any contraindications, you can take non-steroidal anti-inflammatories (e.g. Nurofen or Voltaren as directed) with food to avoid indigestion / heartburn.
- » Continue wearing compression and going for short walks.
- » If heartburn symptoms develop, stop anti-inflammatories and take paracetamol instead.



## COMPRESSION

After your treatment, **you must wear medical grade compression stockings** as per your clinical prescription. Please wear them as outlined below, unless your Doctor has included special instructions.

4 days **without** taking the stockings off – this means 24/7.

- » Then 10 more days wearing them for 16 waking hours, taking them off to sleep.
- » You can leave them on all the time during this period if you want to.
- » You must shower with your stockings on.
- » Remove the stocking if it causes any discomfort in your foot or leg when sleeping.
- » The stocking should be put on again before rising from bed.
- » Do not cut the stocking to ease discomfort and contact our rooms if problems persist.
- » Please advise the doctors if you have any travel arrangements planned so that appropriate instructions can be given.

If you are a lipoedema patient undergoing vein treatment you must have flat knit garments unless your doctor advised that round knit garments are appropriate.

Special instructions from your doctor:

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## DEEP VEIN THROMBOSIS (DVT) CHECK

A deep vein thrombosis is a blood clot in the deep veins, which can be serious and result in a blood clot travelling through the blood stream and getting stuck in the lungs or going to the brain, blocking blood flow. A DVT check is performed on day 5 – 7 post endovenous ablation (laser or radio frequency). Please ensure our team have organised this scan.

## TRAVEL

Generally, vein treatments should occur at least 4 weeks after international travel, and flying internationally should be delayed at least 4 weeks after all vein treatments. However, if international travel becomes required please consult our vein doctors for management options. Same day domestic air travel (less than 5 hours) is approved for outpatient treatments.

## SYMPTOMS AND CONCERNS



### The following symptoms are **NORMAL**:

- » SWELLING around the veins that are treated
- » LUMPINESS in the veins that are treated
- » Bruising
- » Tenderness
- » Soreness and occasional redness of a treated vein
- » If there is redness please contact our team for further advice.



### The following symptoms are **URGENT CONCERNS**:

- » Sudden, swollen painful leg
- » Difficulty walking
- » Small or large ulcer
- » Chest pain
- » Coughing up blood
- » Any difficulty or pain with breathing, including shortness of breath
- » Any pain, soreness or swelling in the treated leg unrelieved by walking and compression stockings.

If you experience any of the **URGENT CONCERNS**,  
please get in touch with the clinic as soon as possible to organise a review on 1800 483 467.

If you develop any of the **URGENT CONCERNS out of hours**,  
please contact your treating Doctor on their mobile phone.

If your Doctor cannot be contacted, immediately call the other doctors listed  
and if you feel your situation is urgent, please call an ambulance and go to  
your local Emergency Room.



#### Clinic Team:

Ph: 1800 483 467  
8:00am – 4:00pm Monday to Friday

#### After Hours Doctor Team:

Dr Chris Lekich: 0412 584 231

Dr Stuart McMaster: 0422 070 317

Dr Kim Jackman: 0412 360 011