

Patient Instructions for Spider Vein Treatment

Pre-Procedure Instructions

1. Please bring your compression stockings (if you own a pair) and a pair of shorts to your treatment session, as well as flip-flops or other comfortable shoes for ankle vein treatments. Be prepared to exit with bandages on your legs.
2. Do not put any lotion or oil on your legs for two days before each treatment session.
3. Do not shave your legs the morning of your treatment.
4. If an illness or injury occurs that would interfere with normal walking, please postpone treatment.

Post-Procedure Instructions

1. Leave cotton balls, tape and stockings in place until the following morning, at which time you can remove all dressings and shower. If you were instructed to wear compression stockings, you should then wear them during the daytime for the next three days. This will improve the results and decrease side effects.
2. If itching or burning develops, remove the tape in those areas.
3. There is no restriction on activity, but try not to bump areas during exercise, which may cause bruising. Minimize weightlifting with the legs for two weeks. We encourage walking.
4. Avoid direct sunlight to treated areas for several weeks to months, until all clots have been resolved and the vein is no longer visible. Otherwise, sunlight can lead to discoloration of the treated areas.
5. Inflammation is a condition of mild tenderness and/or slight swelling in treated veins that may last a few days. Most patients do not require treatment for inflammation, but, if necessary, you may use Motrin, Advil or other anti-inflammatory medication.

If you have any medical questions, call VCU Vein Care at (804) 628-4680 or the Interventional Radiology Department at (804) 828-6986, and ask to speak to someone regarding your vein procedure.

After business hours, please call (804) 828-3699 and ask to speak to a physician regarding your interventional radiology procedure, or call (804) 828-0951 and ask to have the night-imaging on-call resident paged.