

## **BEFORE TREATMENT**

- Do not apply moisturiser to your legs on the day of your appointment.
- You may prefer to wear slacks to your appointment as they will conceal the compression stocking.

## **AFTER TREATMENT**

In order to ensure the success of the treatment it is essential that you observe the following instructions:

- As soon as you leave the clinic you should walk for about 15 minutes
- **DO NOT** confine yourself to bed. Walk as much as possible, preferably at least 30 minutes a day. Walking, by using the calf muscles, actually reduces the pressure in the treated surface veins. Walking is also essential to prevent thrombophlebitis (excessive inflammation in the treated vein) and deep vein clots.
- Avoid standing still for long periods of time (90 minutes+).
- When sitting (for more than 90 minutes) have legs elevated if possible, or else move them every half hour.
- You will be able to carry on with your normal work or house duties but you should avoid vigorous exercises or strenuous activities (e.g. squash, high impact aerobics) for the first week after treatment.
- You may experience slight pain in the legs during the first few days after treatment (more and longer with endovenous laser). If this happens take 1 or 2 Panadol tablets. Do not rest your legs, but continue walking as before. If however you notice any severe or continuous pain, or any swelling of the leg, please contact Springdale Clinic.

- Leave your compression stocking on **uninterruptedly** for **3 days**. During this time you will be able to shower by rolling the stocking down to the mid thigh and covering the stocking with a plastic bag or waterproof overstocking. Alternatively you can shower with them unprotected and dry them by towel and/or hair dryer.
- Remove the cotton balls in **two to twenty four hours**.
- For the next **4 days** after the period of uninterrupted compression you can remove the stocking for brief showers or baths (5-15 minutes) putting the stocking back on again immediately afterwards.
- After **one week** you may remove the stocking just before going to bed. But you must put the stocking on again first thing in the morning. At this stage you can wash and dry the stocking overnight. Continue to wear the stocking during the day only for one week (i.e. a total of two weeks altogether of wearing the stocking). During this time you should keep to an absolute minimum the time you spend standing without the compression stocking.
- If you have any discomfort in your foot at night which disturbs your sleep, remove the stocking whilst in bed and put it on again before getting up at any time through the night or the next morning.
- In order to obtain the **best possible results**, it is essential that you attend all scheduled follow-up appointments.
- **Always** bring your compression stocking along for each appointment.

If you have any concerns during the treatment phone the clinic on  
(09) 273-2133 Mobile 021-904-552

If you have significant concerns when the centre's doctors or nurses are not contactable, please consult your local doctor or after hours clinic to assess the problem.

## EXPECTATIONS WITH ULTRASOUND GUIDED TREATMENTS

You may get some **discomfort** such as a drawing sensation in the area that has been injected for a day or two afterwards (longer with endovenous laser). This is normal. You might also get some more intense discomfort away from this area, usually below it. For this:

- If this pain is **local** as a burning, the area is tender and red to look at, it is some trapped blood. It can be managed by taking some anti-inflammatory medicine such as Nurofen, Brufen, Voltaren, Cataflam, Synflex, Naprosyn, or Aspirin, as long as you are able to take this medication. Later we will drain it.
- If the pain is more **generalised**, there is no obvious redness or localised tenderness, and the toes might be swollen, please call me at the clinic or on my mobile (the numbers inside this pamphlet).

## HELP FOR THIGH HIGH STOCKINGS

With the thigh high silicone band grip stockings, sometimes the grip becomes reduced and the stockings will **slide down**. Usually this will occur with dryer skin. To overcome lack of grip, **moisturise** the legs especially under the silicone band area with a regular skin moisturiser or, for a short term fix, with water. If this fails we stock for purchase a roll-on **glue** designed for these stockings. It can be washed off in water when not required.

Take care not to stretch these stockings at the silicone grip part (you can below this as much as you like) as they will creep back down causing a local skin irritation rash.



# SCLEROTHERAPY

## Patient Instructions

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