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[www.varicoseveins.ie](http://www.varicoseveins.ie)

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We have treated your varicose veins using injection treatment.

Please keep the bandages and stockings on your leg without removing them for 7 days.

After this, remove the stocking and the bandage, and then put the stocking back on again for 7 more days. You may take the stocking off at night if you wish once the bandage has been removed.

The leg may ache slightly for a few days. After two or three weeks you may find that the region of the varicose veins is a little tender and lumpy. This is normal and will settle slowly. The varicose veins usually disappear completely, however this may take many weeks to complete. Occasionally some of the lumps become very tender and red. This can be managed by wearing the stocking and taking analgesics such as Nurofen. The problem is due to trapped blood in the vein which I can remove through a needle if you arrange an appointment through my office.

You should continue normal activities although I recommend avoiding vigorous exercise until the bandages have been removed. I recommend that you do not run whilst you are wearing the bandage. Any other type of exercise, such as walking, is perfectly acceptable.

A vigorous regime of walking for 3 miles per day is **NOT** required (this won't make the veins heal any faster).

While you are wearing the bandage, you can take a bath but will have to hang the bandaged leg out of the bath! Alternatively, you can wrap the leg in a bin liner or cling film and take a shower!! A professionally made sleeve can be obtained from Murray's Medical Equipment – telephone 01 866 3330 (Murray's Pharmacy Ltd, 21-21 Talbot Street, Dublin 1 or Murray's Medical Equipment Ltd, Airton Park, Airton Road, Tallaght, Dublin 24) €25 – ([www.murrarays.ie](http://www.murrarays.ie)) or from pharmacies.

To remove the bandage, first peel off the stocking and then cut the bandage down the front from top to bottom using scissors and taking care not to injure your leg.

I suggest that long haul air travel is avoided whilst the bandages are in place, but other journeys can be continued as normal. Once the bandages have been removed long haul air travel is acceptable providing elastic compression stockings are worn. This minimises the risk of deep vein thrombosis following long haul air travel for all people of all ages. **DO NOT** take aspirin to prevent DVT following air travel – it does not work.

Please call my office if you have anything to ask or any concern.

**Please bring your stockings with you** to the next consultation, even if you are not using them at the time. We may need to put them on again after any further treatment.