

Post-Treatment Care Guide



Watch Post-
Treatment
Video Here:



New Legs, New You!

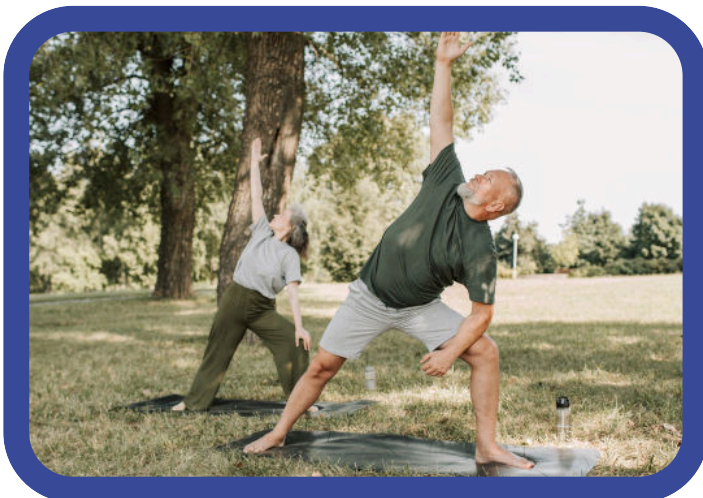
Before Your Next Appointment

- Notify your Vein Care Specialist if you'll pause treatment for **3+ weeks** so your care stays on track.
- **Arrive 15 minutes early** — late arrivals may need to reschedule.
- **Bring compression socks** to every visit.
- **Eat and drink** beforehand for comfort and safety.



What You Can Do Right Away

- You can go back to **normal activities, travel** with compression socks, and **maintain or even increase physical activity** after your treatment.
- After RF Thermal Ablation, **take off your pressure bandage in 3-4 hours**.
- You can go in the pool **24 hours after RF** and **immediately after VenaThrive®/Varithena**.
- You may notice a **pink or slightly bloody discharge** for up to **24 hours**. If so, **apply pressure and cover with a small bandage**.



Tenderness is normal!

- Pain is the uncomfortable feeling you have even when you're not touching the area, while **tenderness is the discomfort you feel only when you press on the spot**.
- Expect **tenderness, nodules, and pigmentation** which may take weeks or months to resolve.
- **Tenderness to touch is normal**; pain is rare.
- **Spider Veins may look worse before they look better** — this is part of healing.



“Tenderness, Nodules & Pigment, oh my!”

What to Expect After Treatment

Over the next few weeks and months, it's normal to experience:

- **Itching** — a symptom of healing.
- **Extravasation** — read below to learn more.
- **Tightness** or **pulling** in your leg.
- **Tenderness** — soreness when touched.
- **Bumps, lumps, cords, or knots** under the skin.
- **Mild swelling** or **unusual leg sensations** — up to 2 months.
- **Skin discoloration / Hyperpigmentation** — tan or brown coloring over treated veins. Learn more on the next page.



The above can take weeks or months to go away.

Extravasation

- **Extravasation is common** after RF Thermal Ablation.
- Extravasation has a **bruise-like appearance** without swelling.
- It occurs when **small amounts of blood pool under the skin**.
- If fluid leaks after removing the dressing, don't worry—**apply pressure** and a **new bandage**.



What to Expect After Treatment

Hyperpigmentation



What It Is:

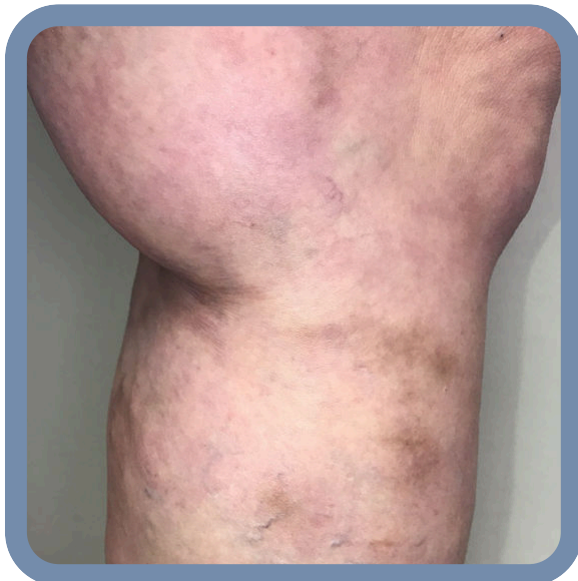
- **Tan-brown skin discoloration** over treated veins, common after Thermal Ablation, VenaThrive®, & Varithena®

Why It Happens:

- **Trapped blood** leaves iron deposits that fade in **6–12 months** — 99% clear within a year. **The best treatment? Time!**

If It Persists:

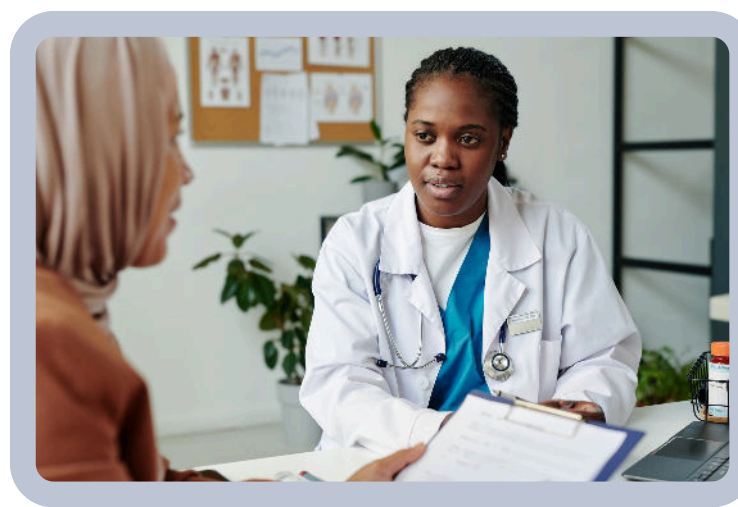
- After 3–6 months, pigment may signal open veins — **follow-up visits are important to maintain the health and appearance** of your legs.



Medication and Relief Guide

Do not hesitate to take over-the-counter pain medication:

- **Ibuprofen (Advil, Motrin):** 400–800mg every 6–8 hrs with food (for 2 days).
- **Aleve (Naproxen):** Follow label directions.
- **Tylenol (Acetaminophen):** 500–1000mg every 6–8 hrs (for 2 days).
- You can also use **ice packs** if you're sore — avoid heat.



If you experience severe swelling, redness, pain, fever, or shortness of breath, call our office 24/7 at 855-834-6911.

Compression Sock Care

About Compression Socks

- Wear compression socks for up to 2 weeks after your procedure — they're optional, but recommended.
- If you feel better in compression, wear them; if not, skip them.
- Compression doesn't affect procedure success but can reduce discomfort and help recovery.
- Wear them during the day, remove at night.
- If you feel pain, tingling, numbness, or foot discomfort, take them off immediately.
- Wearing a compression sock on your treated leg is the only lifestyle change after your procedure.

How to Wear Compression Socks

Knee-High

- Pull your socks up so they sit **just below the knee** — the top should sit just below the knee crease.



Thigh-High

- Pull your socks about **three-quarters up your thigh** — not all the way to the groin.



To learn more, check out the Initial Patient Booklet:



Tips

- Use **rubber gloves** to avoid runs/holes.
- Shave or use **It Stays!** roll-on body adhesive to help them stay up. Available on Amazon.
- **Wash on delicate, dry on low** to maintain stickiness.



Understanding the Vein Care Process

1

Final Ultrasound

After your final treatment, we'll perform a **new baseline ultrasound** to confirm your veins have closed successfully.

2

Early Follow-Up

Your 2-month follow-up is very important — it allows us to check your healing progress, address any lingering symptoms, and prevent any potential cosmetic issues.

3

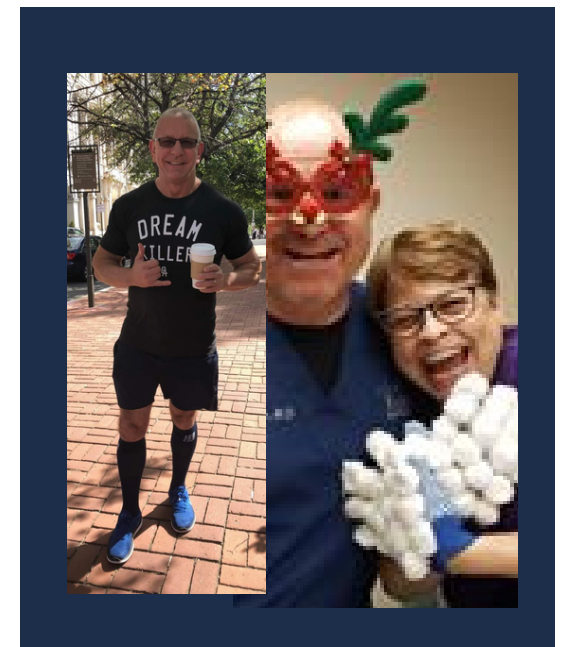
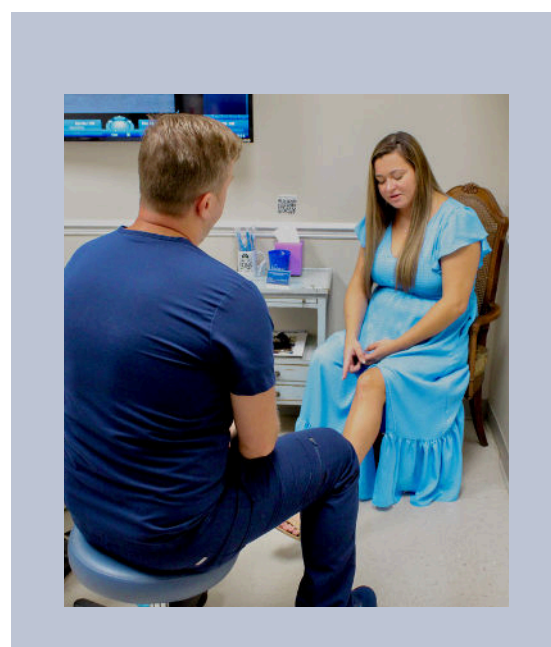
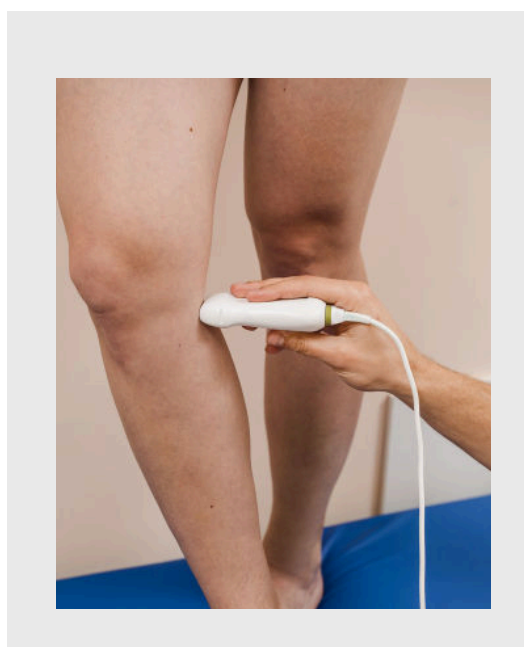
Ongoing Ultrasound or Additional Treatment

During your first year, **most patients need an additional ultrasound** and sometimes Ultrasound-Guided Foam Sclerotherapy (UGFS) for best results.

4

Routine Maintenance

We recommend returning for another visit **every 12 months** to maintain your leg health.



“Once a Vein Patient, Always a Vein Patient”

Keep Your Legs Feeling Great!

Important To Remember

- Symptoms like **tightness, pulling, pain, itching** may last for months, and **tender knots or cords** can appear up to 3 months later.
- Vein disease is genetic — it's **managed, not cured**.
- Like **dental care**, routine **follow-ups** keep your results healthy and lasting.
- Your legs will stay **better than they were before treatment**, though you may need **occasional touch-ups every few years** to maintain your results.



Cosmetic Treatments



- Now that we've closed your larger, leaking veins, we can treat the **spider veins** on the surface.
- Anything 3mm or smaller is considered cosmetic, **insurance does not cover spider vein treatment**. It is a cash treatment.
- **Ask your Vein Care Specialist!**

To learn more,
check out the
Initial Patient
Booklet:



Thank you for trusting Vein911® with your care.
We're honored to be part of your journey to
healthy, confident legs.



Vein911®
WE'LL HELP YOU FEEL GREAT AGAIN!

Copyright © 2025 Vein911®
All rights reserved.