

Mr. Louis Fligelstone Consultant Vascular Surgeon

South Wales Veins

Post Vein Treatment Advice

To ensure that you have the best result possible after treatment for your veins it is important to follow the instructions below:

Wear compression stockings day and night for 7 days continuously. This means that you can NOT remove stocking for washing etc.

Continue wearing compression stockings each day for a further 1 to 2 weeks – remove the stockings overnight.

If you experience discomfort in the area of the treated vein, consider taking oral ibuprofen 400mg up to three times daily for 3 to 5 days. ***Please ensure that this is suitable for you and does not interact with any other medication you are taking, check with your General Practitioner if you are unsure.***

Normal activity, and usually return to work can be undertaken immediately after the treatment.

Aim to walk between 10,000 and 12,000 steps a day (about 1.5 – 2.0 miles), over the course of each day. Jogging, running, and cycling can recommence after week one, as long as the stockings remain in place.

Please avoid the following activities for the first 4 weeks after treatment:

- heavy lifting, using weights in the gym – this increases pressure on the veins and can cause the veins to reopen.
- avoid hot showers/baths, saunas and steam rooms – veins naturally relax and open in response to heat.

If you are desperate to shower/bath then you can purchase a waterproof cast / stocking protector of the types shown below – these are readily available from www.Daylong.co.uk or Amazon websites

[STA Pharmaceutical Waterproof Shower Stocking](#)



- **Unisex Design**
- Perfect for washing/bathing
- Eliminates the need to re-apply bandages
- Can be used with stockings/bandages/plaster casts

<https://tinyurl.com/STA-Shower-protector>



Search Amazon using the phrase “full leg cast cover for shower” for a range of products – e.g. Bloccs Waterproof Plaster Cast Covers Leg, Swim, Shower & Bathe. Watertight Protector, Adult Full Leg

<https://tinyurl.com/Bloccs-full-leg-protector>