



SPIDER AND VARICOSE VEINS REMOVAL

Welcome and thank you for choosing Inovo Medical to assess your venous concerns. Our staff will do our best in addressing your questions, concerns and help guide you in making the right decision for your needs.

Laser is our preferred form of treatment for varicose veins (**popping out**) and spider (**smaller and flat**) veins which are classified as <5mm in size that can appear on the surface of the legs (or face).

We treat veins under 5 mm in sizes and only use our Fotona Sp dynamis pro laser to treat such. We found better results compared to traditional sclerotherapy. Depending on which veins are involved, ultrasound imaging may be needed to assess if deep vein incompetency is the cause. In that case, we will recommend you to see a vascular surgeon for other forms of treatments like endovenous coagulation or surgery.

BEFORE TREATMENT

We encourage you to avoid the following 3-5 days prior to treatment for best results:

- ASA/Aspirin (unless taken for heart or stroke condition)
- NSAIDS (non-steroidal anti-inflammatories) eg. Ibuprofen, Motrin, Advil

We encourage you to get a pair or two of compression stockings

It is part of our complete therapy approach whenever you have a significant number of spider veins or some varicose veins to be treated. You can purchase compression stockings from Inovo Medical that are measured to fit at competitive prices.

Please:

- Bring a pair of shorts and a loose fitting pair of pants to wear home.
- Bring a list of your current medications.
- If you are on blood thinners, prednisone, steroids, or are pregnant we may not be able to treat you. Please inform us if you are pregnant
- Do not shave your legs or apply anything on them the day of your appointment



AFTER YOUR TREATMENT

You can expect mild aching, bruising and itching. Most people are able to work and do normal activities the next day.

- Take Tylenol for discomfort or apply ice packs
- Avoid sun exposure for 2-4 weeks (apply sunscreen)
- Wash the treated area(s) with soap and do not shave or apply lotion for 24 hours
- Wear compression stockings for 1-2 weeks during day time
- If possible, avoid anti-inflammatories (unless taken for heart disease) because it slows down and decrease healing
- Walk for 20-30 minutes after the procedure and every day. Do not sit for over one hour without standing up and raising your heels and squatting 20-30 times in a row. Also, make sure you walk multiple times per day. This will make your blood circulate and prevent new spider or varicose veins.

Spider Veins After care we suggest:

- Avoid hot baths and jacuzzi for 7 days.
- Avoid high-impact exercises for 24 hours.
- Wait 4 weeks for repeat treatment

Varicose Veins After care we suggest:

- Avoid hot baths, tubs and hot showers for at least 2 weeks.
- Avoid high-impact exercise for 7-10 days.
- Wait 6 weeks for repeat treatment
- There will be some lumps and brown areas for 1-3 months after treatment.

Remember – spiders and especially varicose veins are a chronic disease. Control and prevention are the keys to successful treatments, but unfortunately, recurrences are common.

If you have any questions, concerns or experience any problems, please call our office at 613-749-4668.