



PATIENT INSTRUCTIONS FOR CONSERVATIVE THERAPY

1. COMPRESSION STOCKINGS:

These may help relieve some of the symptoms and move blood more efficiently through your legs. The specially fitted hose are designed to reduce the pooling that occurs in spider and varicose veins. Although wearing hose won't eliminate varicose veins, they can help alleviate symptoms caused by the veins, such as aching, heaviness, and swelling as well as help prevent worsening of the veins. Wearing compression stockings can also reduce the risk of developing blood clots from long plane or car rides.

Please obtain a 20-30 mmHg thigh-high set of compression stockings at a medical supply store as soon as possible and begin wearing them for the entire day. If you require endovenous laser treatment of your varicose veins, these stockings will be important after the procedure.

2. NONSTEROIDAL ANTI-INFLAMMATORY AGENTS (NSAIDs):

IBUPROFEN

- Ibuprofen decreases pain, fever and inflammation.
- It is a nonsteroidal anti-inflammatory medication (NSAID).
- Adult dosing is 200-400 mg every 4-6 hours.
- Do not exceed 1,200 mg per day without a doctor's recommendation.
- Brand names include Advil, Motrin and Nuprin.
- Follow the package instructions and NSAID precautions (below).

NSAID Precautions:

- Avoid using alcohol when taking any of these medications.
- Do not mix prescription and non-prescription NSAIDs unless directed to do so by your doctor.
- NSAIDs can interact with other blood thinners, such as Coumadin, and cause bleeding complications.
- Ask your doctor before using an NSAID if you are pregnant or breastfeeding.
- Ask your doctor before using an NSAID if you have a history of:
 - Allergy to aspirin
 - Asthma
 - Peptic ulcer disease
 - Stomach ulcers
 - Esophageal ulcers
 - Bleeding problems
 - Liver disease
 - Kidney disease

3. EXERCISE:

Please initiate a program of gentle walking 30 minutes daily and elevate legs whenever possible. This will help to prevent pooling of the blood in the varicose veins and exacerbation of symptoms.

4. AVOIDANCE:

Avoidance of prolonged standing and hot baths can also help prevent the exacerbation of symptoms.
