



Vein Specialists

Varicose Veins

You have been diagnosed with varicose veins. There are multiple causes for these and part of your evaluation will include an ultrasound to determine the underlying factor in your particular case.

Regardless of the cause of your varicose veins, the initial treatment is the same. The following outlines items that are important for all of our patients:

1. Compression stockings - You should wear the stockings that were prescribed for you **every** day. Put these on in the morning after your shower and wear them until the evening. It is best to lie on your back and elevate the leg as you put the stockings on. This prevents blood from being trapped in the varicose veins. You do not need to sleep in your stockings. Leaving them off for special events (beach/pool/church/night out etc.) is acceptable.
2. Pain medication - Pain can be a significant factor in varicose vein disease though every patient's experience is different. If you have pain that interferes with activities of daily living (your job, house work, shopping, leisure activities, etc) then you should be taking pain medication. Ibuprofen 600mg every 6 hours is our recommended therapy. This should be taken with food or milk. If you have a history of peptic ulcer disease or drug allergy, please notify us before taking this medicine.
3. Avoid exacerbating activities - Prolonged standing and prolonged sitting should be avoided if you have varicose veins. Frequent short walks throughout the day are helpful. Hot baths/showers/Jacuzzis are also to be avoided. These cause your veins to relax and actually fill with more blood thus exacerbating your problem.

4. Leg elevation - You should elevate your legs as much as possible. During breaks from work you should place your feet in a position that is higher than your heart. You should also do this at the end of the day after you remove your stockings. If you have a lot of edema in your legs, elevating the foot of your bed with a wedge or blocks will help reduce swelling overnight.

We feel confident that by following the above guidelines, most patients can avoid surgery. Most insurance carriers require that these guidelines be followed for a minimum of three months before consideration would be given to approve surgical procedures. If you have any questions about these guidelines, feel free to ask. As always, know that the entire staff of Novant Health Vein Specialists is committed to providing you with a highly successful treatment plan for your problem.