

Name: _____

What are Varicose Veins?

- A vein that becomes swollen or stretched
- May appear any time in adult life
- May get worse as you get older

Spider veins are smaller than varicose veins and are:

- Red or blue
- Closer to the surface of the skin
- Look like a spider web or tree branches
- Most often found on the legs and face

What causes Varicose Veins?

Pregnancy Excess weight Standing for long periods of time

How are Varicose Veins treated?

- The doctor injects a chemical that causes the spider veins and small varicose veins to close
- This is called sclerotherapy
- The blood flows through healthier veins

After the procedure:

- The doctor will wrap your leg in a tensor called a Coban wrap
- You will need to pay for the tensor at the cashier window
- The cost is about \$15.00
- The vein that was treated will get red and feel tender
- The vein could reopen after the treatment
- You may develop new larger veins in the same area

What do I do when I go home?

- Your doctor will give you instructions

What if I have pain?

- You may be sore around the vein that was treated
- You may take over-the-counter medicine such as acetaminophen (Tylenol) and ibuprofen (Motrin, Advil) unless your doctor or nurse tell you not to take it
- Be sure to follow the directions on the medicine bottle

Seek medical attention immediately if:

- You have numbness or burning in your feet
- You have severe pain and pain medicine does not help
- You have a fever over 38° C or 100.4° F

Contact your physician's office for a follow-up appointment.

Dr. _____ Phone: _____

Questions or Concerns:

Health Link BC: 811

(604) 215-2400

Hearing Impaired: 1 866 889-4700

Or, contact your physician

In an Emergency: Call 911 or go to the hospital emergency room