

FIRST 48 HOURS

Keep the compression hose on at all times except for bathing

If there are any areas of irritation or erosion, apply some antibiotic ointment, such as Neosporin, Polysporin, or a generic antibiotic ointment and a band-aid that seals the air out. Continue this daily until the sores are healed

Take Tylenol (up to 1 gram or 1000mg every 8 hours) as needed for pain

No strenuous or aerobic activity

FROM 48 HOURS TO 2 WEEKS

The vessels will look red, inflamed, and swollen

Continue to wear the support hose at all times except for bathing and when your legs will be at or above the level of your heart, such as at night when in bed.

Tylenol or non-steroidal anti-inflammatory drugs (NSAIDs) such as, Motrin or Advil, as needed for pain

FROM 2 WEEKS TO 4 WEEKS

Continue to wear the support hose as much as possible, especially with exercise or prolonged standing

Any discoloration (post inflammatory hyperpigmentation) at the treatment sites may begin to fade

Remember that results are directly proportional to support hose usage. So, the longer you wear your hose the better your results, and the fewer treatments you will need

AFTER 6-8 WEEKS

Maximum response from the preceding treatment has occurred and further treatment can be done



Increasing pain, redness, swelling, or fever at any time after treatment should be reported immediately to your physician

