

# Varithena Injection

## Discharge Instructions

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### Instructions

- No soaking is permitted until bandages are removed (48 hours).
- You may take a shower in 48 hours.
- Remove the bandage in 48 hours. If it becomes wet or soiled before this, remove the wet bandage and replace it with a compression stocking.
- You should wear your compression stocking in place of bandages for 14 days. You can purchase compression stockings at CVS, Walgreens, or Walmart.
- It is normal to have bruising, redness, warmth, or cramping at the site of the treated area. These symptoms can occur up to 5-7 days after the procedure.
- You may take Tylenol as directed for pain.
- You can apply a warm compress to any area of discomfort.

### Activity

- Refrain from strenuous exercise for seven days post-procedure.
- Walk at least 10 minutes every day for the next month.

### Notify your Doctor/Seek Medical Attention if you:

- Develop increasing pain at the site.
- Chills or fever above 101 degrees Fahrenheit
- Active bleeding at the procedure site

If you have any questions or concerns, please call our office.