

**Mr Andrew Gordon MS FRCS
The Bridge Clinic
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PATIENT INFORMATION AFTER VNUS OR FOAM PROCEDURE

You will be able to drive immediately after your VNUS or foam procedure and return to normal daily activities.

Following the procedure, you will need to wear support stockings continuously for three days (day and night). You can go to the gym if you would like, but do not over exert yourself. You should not get the stockings wet while wearing them. After three days, you can take your stockings off and any appropriate bandaging underneath, although you could leave them on longer if you wish. Please keep the stockings for future visits.

Do not stand still for long periods of time.

It is helpful to walk each day for exercise, ideally for about one mile.

There are no stitches to be removed. The small white dressings can be removed after 5 days.

You may be uncomfortable after a few days and if needed, we recommend that you take two Paracetamol every four hours. It is best to avoid Aspirin and Ibuprofen based painkillers for the first two days. You will also notice that your veins become hard and lumpy for a period of some weeks after the procedure. It is common to get some skin discolouration and numbness for the first few weeks as well. The lumpiness is normal, but if the whole calf gets tight you should contact us.

You will receive an appointment to see Mr Gordon 2-6 weeks after the procedure.

PLEASE REMEMBER TO TAKE YOUR STOCKINGS WITH YOU TO ANY APPOINTMENTS.

If you have any worries or concerns before or after your treatment, please contact Angela on 01753 516857.