



Simply Veins

Information about Simply Veins treatment

If you haven't already, please complete our online consultation, including sending a photo of your leg/s. Our specialist vein nurse will be in touch by phone to discuss your vein problem with you and to book your treatment day.

Please allow a good hour and a half for your treatment – there's plenty of free parking. You can drive afterwards but you may prefer to have someone collect you. You are also welcome to bring a support person with you.

Simply Veins uses:

- **Medical sealant** — tiny, controlled amounts of medical-grade sealant are injected into the vein via a thin tube. Progress is monitored on screen using ultrasound. Once the sealant is in place along the vein, the surgeon puts light pressure on the leg to seal it. Eventually the sealant and the vein are absorbed by the body.
- **Vein injections (sclerotherapy – we'll let you know if you need these)** — small amounts of vein sealant are injected into the varicose veins, this is all monitored on screen using ultrasound.

Before your treatment — Our nurse will call you a few days before your procedure, this is a good time to ask any questions. Please tell the nurse about any medications you are on or any health concerns you have.

On the day of your treatment — You can eat and drink as normal. Please arrive about 15 minutes before your appointment. Your surgeon will discuss any questions you may have and if you are happy to go ahead will ask you to sign a consent form. Your surgeon will then do an ultrasound scan of your leg/s to detect the problem vein. The treatment takes around one hour and there is minimal discomfort.

After your treatment — You will be fitted with thigh-high compression stockings. We provide roll-on skin adhesive that will help to keep the stockings up. We can give you a waterproof cover for when you shower. You will need to keep the stockings on for 10 days straight, day and night.

When you go home — Most people can resume normal activities after treatment. But it's important not to do anything too strenuous that raises your heart rate, like gym work, power walking, dancing etc because these can reopen your veins. This also includes heavy lifting – don't lift anything more than 10-12 kg. It's normal for hard lumps to appear along the treated vein and/or bruising; these will gradually diminish over the next few months, mild discomfort and swelling is normal.

Keep moving

It's important to keep moving after your treatment as using your legs regularly reduces the small risk of DVT (deep vein thrombosis). Over the next few days, we recommend walking around for a few minutes every half hour. Avoid standing or sitting still for long periods. As well, you can go for long gentle walks each day.

Avoid swimming, hot tubs or baths while you're wearing your stockings, because of the risk of infection.

What about travelling?

Talk to us if you're planning any long-distance travel by air within the next six weeks. Domestic air travel is fine. If you're going on a long car trip, we advise stopping every 45-60 minutes for a 10-minute walk. In between do some seated exercises, like ankle rotations, pointing and flexing.

Is there anything else I need to know?

Our medical specialists will answer any questions and take you through the consent before your procedure. The consent can be found on our website: simplyveins.co.nz in the 5 steps section.

After treatment it's normal for hard lumps to appear along the treated veins, these take 3-6 months to resolve. Our medical specialists will advise if any additional treatments, like sclerotherapy are needed. There is an additional cost for these extra injections.

In rare cases if the main surface vein treated with Venaseal re-opens within the period of the treatment plan (12 months), we will re-treat it at no additional cost.

There is a small risk of hypersensitivity reaction to the sealant, sclerosants, local anaesthetic, skin cleaners, surgical drapes or silicone stocking bands. There is also a small risk of infection and a moderate risk of staining (a bruise-like skin reaction to the treated vein underneath).

It's important to follow the instructions of our surgeon. For more information see the FAQs on our website: simplyveins.co.nz

Call our nurse: 022 627 5814

Hours are: Mon-Fri 8am - 8pm. Sat/Sun 8am - 12pm.

What to do if you feel unwell

In an emergency call 111.

Please contact us if you feel unwell and have any of the following:

- increased pain, redness or swelling in or around the wounds
- increasing swelling of the whole of your calf or thigh
- loss of sensation or difficulty moving your leg and/or foot
- excessive bleeding or your wound is oozing
- fever or chills
- chest pain and/or breathlessness
- any other symptoms you are worried about.

Simply Veins adheres to the principles of Te Tiriti o Waitangi and endeavours to work in partnership with iwi, Māori and Pacific peoples in developing its service.