

**INSTRUCTIONS ON COMPRESSION STOCKINGS**

1. Use gloves to put the stockings on (this will make it easier and also protects the stockings from damage)
2. Wear your stockings on the day of treatment and the following day. You may wear your stockings on the day of treatment and the following day. You may wear your stockings additional days as this will further help your treatment and minimize and leg discomfort.
3. Wash your stockings with a mild detergent (Ivory, Palmolive, Dove, etc.) Do not use Woolite as it will discolor your stocking! Then air-dry your stockings.

**IF YOU EXPERIENCE PAIN OR DISCOMFORT PLEASE DO THE FOLLOWING**

1. Put the stockings back on
2. Walk. (the more the better)
3. Take 3 Advil (600 Mgs total) or Ibuprofen (600 Mgs total) Each 6 hours as needed. This will help with discomfort and inflammation
4. You may take Tylenol if you are sensitive to Advil.
5. Apply ice. 20 min on and 20 min off
6. If discomfort persists or other symptoms develop, please call the office at (321) 304- 0401

We strongly recommend wearing Compression Class II (30- 40 mmHg) stockings if you are planning to fly until the vessels have been closed for 6 months. For convenience, we sell these stockings for \$50 a pair. Medicare requires an ABN form.

**\*No saunas, jacuzzi's, tanning beds or deep sea diving during treatment**