BEFORE YOUR VARICOSE VEIN TREATMENT

12 questions to ask your doctor + 1 bonus question | Bring this checklist to your consultation and check off each topic as you discuss it.

☐ 1. What is the 5-year success rate?
Ask about long-term closure, recanalization, and new or recurrent varicose veins.

☐ 2. What happens if the treated vein reopens?
Can it be treated again, and what alternatives are available?

☐ 3. What exactly does the procedure do?
Is the vein ablated, chemically closed, removed, or treated with adhesive? Is any material left behind?

☐ 4. What side effects and complications are possible?
Discuss bruising, pain, inflammation, clots, nerve injury, skin changes, and treatment-specific reactions.

☐ 5. How many treatment sessions will I need?
Will other veins require separate procedures?

☐ 6. Will it help my symptoms and visible veins?
Which symptoms and cosmetic changes are realistically expected to improve?

☐ 7. What follow-up will I receive?
Will ultrasound confirm closure, and when should I return if symptoms recur?

☐ 8. How long must I wear compression stockings?
Ask about strength, daily wear time, and total duration.

☐ 9. When can I resume exercise and normal activities?
Ask specifically about walking, running, lifting, swimming, and work.

☐ 10. When can I travel?
Discuss flying, long drives, prolonged sitting, and individual clot risk.

☐ 11. What other treatment options do I have?
Why is this approach preferred for my ultrasound findings and goals?

☐ 12. What should I expect during recovery?
What is normal, and which warning signs need urgent evaluation?

☐ Bonus: What if I postpone treatment?
Is treatment medically necessary now, or is monitoring reasonable?

My notes / treatment plan: _____

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Educational checklist only. Recommendations, recovery instructions, and follow-up vary by procedure and individual risk. Seek urgent medical care for severe symptoms such as chest pain, shortness of breath, or new marked leg swelling.

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