



Dear Patients!

Instructions After Injection Treatments

1. A **20-minute walk** is recommended after the treatment. Previously regular sports activities can be continued and are even recommended starting from the day after the treatment. Performing venous exercises on a **daily basis** is very important.

Please study the patient information leaflet and:

Register on the website www.merova.eu!*

2. The bandage (elastic wrap) can be removed 8-12 hours after the injection treatment. Please **return the bandage** for the next treatment in its original condition, **rolled up**.
3. Apply **DIMOVENA** (formerly known as SP54/SOLVENA) / **Lioton gel** to the treated area 1-2 times a day, and use a cold, wet compress for 20-30 minutes. This treatment should be applied for a **minimum of 2 weeks**.
4. Wear the **70-140 denier compression stockings** prescribed by the doctor during the day (unless other stockings are prescribed) for a **minimum of 2 weeks**. In the case of **FOAM treatment**, wearing the stockings during the day is necessary **for 2-4 weeks**.
5. Even **after two weeks, it is recommended**, though not mandatory, to continue wearing the stockings and applying the gel and compressing the legs as long as visible changes remain in the treated area.
6. The **healing process typically takes 8-12 weeks**, during which the complaints will gradually subside (discomfort, minor swelling, pigmentation (discoloration), tight pain).
7. Examination appointments must always be booked using the central reception phone numbers listed on the outpatient sheet within the specified time intervals: +36 70 907 1234.

Thank you for your trust!

2023 — **2024** — 2025