



## **EVERWELL CHINESE MEDICAL CENTRE**

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### **SUGGESTIONS FOR HELPING RECOVERY FROM HYPOSTASIS CROOKED VEIN**

1. Your skin disease relates to venous stasis of legs. Avoid standing or sitting for long periods.
2. Proper bed rest is essential. The diseased leg should be raised when lying down, with the affected limbs raised to a higher level than the torso. Apply the ointment in an upward direction and not vice-versa.
3. Don't scratch or bathe with hot water.
4. Avoid drinking alcohol, smoking, spicy food, such as pepper, curry, chilli and seafood products such as fish, crabs, shrimps. Food must be well cooked.
5. This disease is difficult to cure, prolonged therapy course is needed.
6. Elastic stockings used for treating Hypostasis Crooked Vein disease may be bought in any local Pharmacy.

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