

# Vein Care

# Wipes

Use alcohol wipes only before injection

**USE A NEW NEEDLE EVERY HIT...**

**ROTATE THE VEINS YOU INJECT..**

**WHEN YOU PULL THE RIGG OUT,**

**APPLY PRESSURE TO THE INJECTION SPOT**

**WITH A TISSUE OR COTTON UNTIL BLEEDING STOPS...**

VITAMIN E OIL helps clear bruises and scars... you can get it at most pharmacies...apply nightly

You can also get VEIN VANITY cream from the SC Needle Exchange...