The Flare-Up SOS Guide

The step-by-step routine for the bad day, from terrifying to managed



by Dr. James Whitfield

VITAL REMS

Read this once now, so the bad day never finds you unprepared

A flare on the calendar is frightening. A flare with a plan is a bad day. This guide is the plan: seven steps, in order, for the first 72 hours.

General information, not medical advice. New or changing bleeding, severe pain, fever, or anything that feels different from before: contact your doctor promptly.

Step 1 · Don't rewrite the story

One flare does not mean you're back to zero. The repair you've done is still there. Your only job for three days is to take the pressure off while it settles.

Step 2 · Warm water, twice a day

A warm (not hot) bath or basin soak, 10 to 15 minutes, morning and evening. It relaxes the area and eases the throbbing better than anything in the chemist aisle. Pat dry gently. Never scrub.

Step 3 · Bathroom rules, acute version

Feet up on a stool, exhale, zero straining, two-minute limit. Lukewarm water instead of dry paper, then pat. If nothing comes, leave; the urge will return. Nothing that happens on the loo in these three days is worth a push.

Step 4 · Eat and drink for soft landings

For 48 hours: a glass of fluid with every meal and between meals, oats, soups, yogurt, kiwi, pears, olive oil on everything. Keep your capsules and Vein Guard going exactly as normal. Skip alcohol, very spicy food, and cheese-heavy meals until it settles.

Step 5 · Move gently, don't lie flat all day

Short, easy walks after meals keep everything moving and reduce pooling. Avoid heavy lifting and long unbroken sitting; if you must sit, stand every 30 minutes and use a cushion.

Step 6 · What's fine from the chemist, short-term

A basic soothing cream or witch hazel wipes are fine for comfort for a few days. What to avoid: stacking stimulant laxatives on your own (if you feel you need them beyond a couple of days, that's a chemist or doctor conversation), and anything that promises to 'shrink it instantly'. Comfort, not miracles, is the job this week.

Step 7 · The 72-hour review

Most flares, handled this way, calm dramatically within three days. When it settles, go back to the Second Wave Protocol: the five habits, the daily guard, the weekly check. The flare was the alarm; the protocol is the answer.

Call your doctor promptly if

Bleeding is new, heavier, or darker than anything before. Pain escalates instead of easing. You have fever, dizziness, or you simply feel something is different this time. None of those mean catastrophe; all of them mean a professional should look.

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