

SCLEROTHERAPY PRE/ POST TREATMENT INSTRUCTIONS

● Patient Pre-Treatment Instructions

- Please wear or bring a pair of loose fitting shorts/pants to each visit.
- Please do not use any lotions or moisturizers on your legs on the day of your appointment.
- Inspect your legs so you can point out the veins that bother you the most.
- Let us know if you are taking any new medications.

● Patient Post-Treatment Instructions

- The veins will look worse before they look better. Discoloration may take a few weeks to several months to fade.
- Bruising, redness, local swelling and some tenderness are normal after treatment. These symptoms may take 4 weeks or longer to fade.
- Keep the ace bandages on for 48 hours. After the 48 hours you may remove them and shower.
- Wear support hose during the daytime for 1 week after your treatment.
- Please avoid sun and heat exposure to the legs for at least 1 week.
- Please walk and resume normal activities. We recommend that you postpone weight training for at least 1 week.
- Motrin or Aleve may help with discomfort in treated areas. If the pain persists, please call the office.

NORMAL FINDINGS AFTER TREATMENT

- **At the injection sites:** Small “mosquito bites,” reddish/brown bruising, or black/ blue marks that change to a yellowish color are all normal. Bruising will usually fade within a week.
- **Along the treated veins:** There may be some mild discomfort. The veins can take up to 8 weeks to fade even when properly treated, or they may appear lighter, like it has not been injected at all. The vein may feel hard or lumpy in places. A painful lump that is present 2 weeks after treatment is probably trapped blood. Trapped blood is caused when blood is stuck between two closed vein segments. It is not life threatening but should be drained to relieve discomfort and/or give a better cosmetic appearance. If you think you have trapped blood, please call the office.
- Please call us if you have severe leg pain, swelling, or if you have difficulty walking.