

Sclerotherapy Patient Handout

Pre-Treatment Instructions

It is prudent to follow some simple guidelines before treatment by reducing some possible side effects associated with the injections; this can make all the difference between a fair result and a great result. We realize that this is not always possible; however, minimizing these risks is always desirable.

AVOID alcoholic beverages at least 24 hours prior to treatment (alcohol may thin the blood increasing the risk of bruising).

AVOID anti-inflammatory/blood thinning medications ideally for a period of 2 weeks before treatment. Medications and supplements such as Aspirin, Vitamin E, Ginko Biloba, St. John's Wort, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDS are all blood-thinning medications and can increase the risk of bruising/swelling after injections.

Post-Treatment Instructions

After injection it is normal to expect some mild irritation and mild bruising. It is recommended for you to follow these guidelines as closely as possible to avoid other potential side effects.

DO wear compression hose for at least 7 days after treatment. Take them off at bedtime but otherwise wear them all day long. These can be purchased at Bioped, Shoppers Home Health, and numerous other places. **DO** walk and use your legs in a normal manner immediately after treatment. **DO** foot dorsiflexions or ambulate for 30+ minutes each day.

DO continue your regular exercise program, however **AVOID** weight training or high impact aerobics for 1 week.

Avoid hot baths, saunas or hot tubs for one week. It can increase bruising or open up sclerosed veins.

Avoid direct sunlight for at least 1 week. After that use SPF 30 sunscreen. A sunburn after treatment will increase risk of skin damage or ulceration at the injection sites.

Avoid shaving your legs until the morning after the treatment to reduce infection risk.

Avoid prolonged sitting or standing.

You may use Vitamin C or Arnica to assist with bruising resolution.

After treatment expectations:

At the injection sites it is normal to have small areas of irritation or bruising, it usually fades within a week and should be completely resolved in 2 weeks.

There may be some mild discomfort and the vein may appear like it has not been injected at all or may appear lighter. The veins can take up to 8 weeks to fade even when properly treated for some individuals. The vein may feel hard or lumpy in places and is also normal when larger veins are treated.

A painful lump that is present 2 weeks after treatment is probably trapped blood that is caused when blood is stuck between 2 closed vein segments. It poses no health risk to you. It should be drained however, to give the best cosmetic result. **If you think you have trapped blood, call us so we can see you to drain this area before your next treatment.**

Call us if you have severe leg pain or swelling or if you have difficulty walking or develop a leg ulcer.

Veins typically will lighten and become less noticeable but for some people they do not completely disappear. Hyperpigmentation can occur and sometimes multiple treatments are typically required to achieve the desired effect. Sclerotherapy results are unpredictable despite expert technique, and some patients may have unsatisfactory results. No guarantees or assurances of outcome are made or implied.

It took years for your veins to get this way, please be patient and allow the time necessary to see your results!