

# SCLEROTHERAPY

## POST-TREATMENT INSTRUCTIONS

- It may take up to six weeks for treated veins to improve. The appearance immediately after treatment can often look worse than prior to treatment. Expect possible bruising for approximately one week after treatment.
- Avoid blood thinners (i.e., aspirin, ibuprofen, fish oil, vitamin E) for three to four days following the procedure.
- Do not drink alcoholic beverages or smoke for two days as this may impair healing.
- Leave thigh-high compression stockings on for the first 24 hours. Then wear them during the day as much as possible for seven to 14 days to improve blood flow in the legs and keep the treated vessels flattened. Compression hose is critical to the success of treatment.
- Do not shave your legs for three to four days.
- Take a 30 to 60-minute walk shortly after treatment. Walk 20 to 30 minutes a day for two weeks.
- Do not perform aerobic exercise such as jogging or riding a bicycle, and avoid strenuous exercise like weightlifting or squatting for seven days.
- Avoid hot baths or Jacuzzi tubs for a few days to prevent dilating veins.
- Avoid long car or plane trips for two to three days following the procedure.
- Veins often temporarily become discolored as they heal. They may appear purple, darker red, or brown. Sun or tanning bed exposure worsens discoloration and may cause this to last longer or become permanent. Avoid sun exposure until treated areas return to your normal skin tone.
- Some people develop a firm lump in a vein that may appear purple through the skin, usually within two weeks after treatment. This is a non-dangerous, superficial accumulation of trapped blood that can easily be treated in the office. Please make an appointment to be evaluated.
- If you develop any painful areas, redness, blistering, or swelling, please call us at 715-506-2222 or present to the nearest emergency room for evaluation if discomfort is significant.
- Plan to schedule a follow-up treatment for four to six weeks after your initial procedure, as it is difficult to achieve 100 percent clearance of spider veins in one session. Most people need two to three sessions.