

## SCLEROTHERAPY POST- TREATMENT INSTRUCTIONS

We want your sclerotherapy treatment to be as successful as possible and it is for this reason we recommend several measures to assure optimal results.

### **AFTER YOUR TREATMENT**

- 1 You may experience slight discomfort such as aching or throbbing for the first day or two after your initial treatment. Walking will help to dissipate this sensation. We prefer you avoid blood-thinning analgesics such as aspirin, ibuprofen, Motrin, Advil, and Aleve for 24-48 hours following your treatment. Tylenol may be taken for discomfort.
- 2 Taped compression pads/cotton balls may be gently removed twenty-four hours after your sclerotherapy procedure. If you notice a redness or rash (*this may be sensitivity to the tape*) remove the tape. Compression stockings (at least 15-20mmhg) will need to be worn immediately after the procedure then regularly for three days and three nights. It is recommended they continue to be worn for the next 2-3 weeks during the day.
- 3 The vessels may appear to turn dark in color and/or be slightly tender. Bruising may occur especially after the first treatment. Do not be alarmed, this is a normal process.
- 4 Avoid long hot baths, showers and saunas for 1-2 weeks following your treatment. It is also a good idea to cool your legs with cold water after each bath or shower.
- 5 Avoid sunbathing and ultraviolet exposure for at least 7-10 days following your treatment. Treated areas may become tender and more likely to burn, and there is an increased risk of hyperpigmentation.
- 6 Avoid swimming in chlorinated pools for 48 hours following your treatment.
- 7 Should you experience any redness or a small lump, use warm compresses several times a day. If you experience any open areas you may use Polysporin Ointment (NOT Neosporin) to the affected area.
- 9 Arnica gel/ointment applied to the treated areas for 5 days after the treatment may reduce bruising/swelling.
- 10 Lotions/ creams may be applied 48 hours after treatment
- 11 Return for your follow up appointment in 3-4 weeks.



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It is important to remember that it has taken years for these veins to develop, and they will not disappear overnight. It may take one month or longer for the vessels to clear. Please be patient and allow time for the healing process to occur. Should you have any questions or concerns regarding your treatment please do not hesitate to call us at 407-648-4323.