

Sclerotherapy After Care Instructions

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What to Expect

- Some visibility of spider veins will be reduced, but every patient (and every vein) responds uniquely to treatment, so results cannot be guaranteed and it is common for multiple treatments to be needed.
- Some veins may disappear initially after treatment, then recur, especially if compression instructions are not followed diligently.
- Redness, itching, and irritation may develop as a reaction to tape, bandages, or compression stockings.
- Bruising or tenderness may occur, but it is generally mild and temporary.
- Treatments may leave a residual brownish pigmentation. This is not uncommon, usually temporary, and generally resolves over weeks to months.

Precautions

- After the treatment you should put on support hose, compression stockings, or ACE wraps. These should be worn for 1-2 weeks, including in bed for the first 3 days.
- Walk for 10-30 minutes immediately after the treatment.
- Stay active and walk (avoid prolonged standing and sitting) for several days. On long plane or car trips, get up and move around, or at least flex your ankles periodically to activate the venous pump in the calf muscles.
- Avoid weightlifting, running, and high-impact aerobics for one week.
- Avoid heat on your legs, such as hot baths and sunbathing, for at least a week. Heat causes blood vessels to dilate.
- Avoid salty food and drink plenty of water for 2-3 days.
- For discomfort take over-the-counter Tylenol (acetaminophen), if you are able to take Tylenol. Ibuprofen may increase risk of bleeding.
- Avoid sun exposure to the treated area by wearing loose fitting clothing or use SPF 30 Sunscreen

When to Call the Doctor

- Bruising and superficial inflammation (phlebitis) may occur, with tenderness and firmness. This typically resolves with treatment, but in some cases can be long-lasting.
- If any bleeding is not controlled with 20 minutes of firm, constant pressure, contact our office.
- Any signs of infection like fever, pus, or spreading redness and warmth.

Next Steps

Schedule a follow up treatment in 4-6 weeks after your procedure, as it is difficult to achieve 100% clearance of spider veins in one treatment session. Most people need 2-3 sessions, and more may be required if veins are very extensive.