

# SCLEROTHERAPY

## POST-TREATMENT INSTRUCTIONS

At the time of your consultation, the doctor recommended that you receive \_\_\_\_\_ treatments. Your first two (2) treatments are the most important.

Now that your first treatment is complete, we recommend that you wear support hose for \_\_\_\_\_ days, taking them off at night. You can never wear them too much. You may take your hose off to sleep, bathe and exercise.

Bruising may occur especially after the first treatment. Do not be alarmed, this is a normal process. If you have excessive bruising or bruise easily, 1000mg of Vitamin C with Bioflavinoids may be taken everyday (500mg morning and 500mg evening). This will help the bruising to heal faster.

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. If discomfort continues, Advil, Nuprin, or Ibuprofen may be taken (200-400mg with food). Also the vessels may appear to turn dark in color and/or be slightly tender. This could be an entrapment of blood in the closed vessels, a normal response to the procedure, and will be evacuated at the time of the next treatment session. This is why the first two (2) treatments are the most important.

You may apply cream or lotion to your legs in the evening of your treatment. Shaving should be postponed until the following day. Hot tubs, saunas and log hot baths are not recommended for one (1) week following treatment.

Exercise is an important part of the healing process. A 20 minute walk or bike ride once or twice a day is best for the healing process. IF you are already involved in an exercise program, we encourage you to continue. The only exercises to avoid are leg exercises with weights and high impact aerobics. These activities should be avoided for seven (7) days. Please feel free to discuss any questions or concerns with your nurse.

Sun exposure is **NOT** recommended for 5 days after your treatment. After that we do allow patients to have sun exposure with the use of sunscreen (25 SPF or higher) until treatment is completed. Sun burning areas that have recently been treated could result in skin ulceration / damage.

It is important to remember that it has often taken years for these veins to develop, and they will not disappear overnight. Around the same time that your bruising resolves (10 days - 2 weeks), you will also begin to see the fading and lightening of your spider veins. Please be patient and allow time for healing to occur.

Call the office with any questions you have about your treatment on how your legs are feeling.

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Patient's Signature

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Date