



SCLEROTHERAPY POST- TREATMENT INSTRUCTIONS

- Immediately after the procedure, you will be required to put on support hose and walk for 10-30 minutes.
- Maintain normal activities. Exercise is an important part of the healing process. You are encouraged to walk as much as possible and avoid standing in a single position for prolonged periods of time. A 20 minute walk or bike ride twice a day is best for the healing process. However, avoiding strenuous physical activities such as high-impact aerobics, running, weight lifting, for the first 48-72 hours following your treatment is recommended.
- 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 medications, such as Aspirin, Ibuprofen, Motrin, Advil Anaprox, Vioxx, etc. for 24-48 hours following your treatment (you may take Tylenol). However if in the case of continued discomfort, Ibuprofen (Advil or Alleve) may be taken with food if you do not have sensitivity to these medications.
- Taped compression pads/cotton balls may be gently removed 2 hours after your sclerotherapy procedure (*Dr. Frost will give you this information*). If you notice a developing redness or rash (*this may be a sensitivity to the tape*) remove tape and put on some support stockings. We recommend that you sleep with your support hose for the first night and then wear them during the day for approximately one week.
- 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 may clear on its own or will be evacuated at the time of the next treatment session if necessary. Bruising may occur especially after the first treatment. Do not be alarmed, this is a normal process.
- Avoid long “hot” baths and 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.
- Avoid Sunbathing and Ultraviolet Exposure for at least 7-10 days following your treatment. Treated areas may become tender and more likely to burn increasing the risk of hyperpigmentation.
- Avoid swimming in chlorinated pools for 48 hours following your treatment.
- Should you experience any redness or a small lump, use warm compresses several times a day and as often as possible. If you experience any open areas (s) you may use Polysporin Ointment (*NOT Neosporin or Triple Antibiotic Ointment*) to the affected area.
- You may apply lotion and creams 24-48 hours post treatment.

It is important to remember that it has taken years for these veins to develop, and they will not disappear overnight. It may take 10 days-2 weeks and sometimes longer for the vessels to clear (fading and lightening of your spider veins). Please be patient and allow time for the healing process to occur. Always bring your support hose to your appointments and bring a pair of shorts or leotard to wear during your treatment session. Should you have any questions or concerns regarding your treatment please do not hesitate to call us.

I certify that I have been counseled in post treatment instructions and have been given written instructions as well.

Print Name

Signature

Date