

## INSTRUCTIONS AFTER SCLEROTHERAPY

- ☑ You must wear compression stockings for the first 48 hours. Do not remove them for a shower. After 48 hours, the stockings can be removed at night. You will get the best results if you wear your stockings for a full week after treatment.
- ☑ Mild bruising, redness and swelling are all normal after treatment.
- ☑ The veins may become darker after injections. This will improve as the body absorbs the veins.
- ☑ Some patients experience itching and mild pain after injections, which should subside after 10-15minutes.
- ☐ Please avoid baths, hot tubs and swimming pools for 48 hours after treatment.
- ☑ Continue all your daily activities: walk, workout, etc

## WHAT ARE THE MOST COMMON SIDE EFFECTS?

- 1) Itching: You may experience mild itching along the vein route. This is normal and lasts 1-2 days.
- 2) Transient Hyperpigmentation: This is a light brown discoloration after treatment nearly all patients notice a darkening of the vein immediately after the procedure. In rare instances the darkening may persist for 4 to 12 months. Cosmetic laser can be used if there is no improvement.
- 3) Sloughing: This consists of a small, slowly healing ulceration at the injection site. A blister may open, and become ulcerated. The scar that follows should return to normal color.
- 4) Allergic reaction: Very rarely a patient may have an allergic reaction to the sclerosing agent. The risk is greater in patients who have a history of allergic reactions.
- 5) Thrombophlebitis: inflammation of a vein after sclerotherapy can occur, especially if you have a large clot burden there. You may see some streaky redness and feel a cord under the skin. You can use warm compresses and Ibuprofen for discomfort, but make sure you notify our office if you think you have this problem. Very rarely, an infection can develop, so we would prefer to monitor you closely if you are worried.

Thank you for allowing us to care for your vein and leg problems! If you have any questions, please do not hesitate to contact us at 303-812-6850.