

Sclerotherapy (Leg Vein Injection) Treatment Tips

Treatment Contraindications:

- You are not a candidate if you are pregnant, breast feeding, or have open sores in the treatment area.

Pre-Treatment Instructions:

- Reschedule your appointment at least 48 hours in advance if you have a severe rash in the treatment area.
- Prior to treatment, do not apply creams, lotions, perfume, makeup, etc. on the area to be treated.
- Avoid tanning or prolonged sun exposure 2 weeks prior to treatment.
- Bring knee-high or thigh-high heavy support hose with you the day of treatment. You must obtain a prescription for compression hose during consultation with the physician.
- Wear loose fitting shorts the day of your treatment, as you will leave wearing bandages and the compression hose.
- Avoid anti-inflammatory/blood thinning medications 10-14 days prior and 3-4 days post-treatment. Medications such as: Aspirin, Vitamin E, Gingko Biloba, Ginseng, St. John's Wort, Omega 3/Fish Oil Supplements, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
- Avoid consuming alcohol and/or smoking 2 days before and 2 days post treatment.
- Consider taking Arnica tablets 1 week prior to injections to prevent bruising.

Post-Treatment Instructions:

- Wear thigh-high compression hose 24 hours a day for the first week post-treatment. After that, the stockings must be worn during the day and can be removed at night or any time the legs are elevated. Wearing compression hose for 4-6 weeks after the treatment will help you achieve the best possible result with fewer side effects.
- Do NOT shave your legs for 4 days post treatment.
- Walk 20-30 minutes a day for 2 weeks. Avoid strenuous exercise for 7 days post treatment (i.e. riding a bike, jogging).
- Do NOT pick, rub or scratch any scabs or dry skin that may appear. This may cause unwanted side effects such as darkening of skin and/or scarring.
- Avoid extreme temperatures of heat for 4 days post treatment to avoid dilating veins (i.e. hot baths, jacuzzi, hot showers, sauna etc.)
- Avoid tanning or prolonged sun exposure 2 weeks after treatment or until treatment areas return to normal skin color. Sun or tanning bed exposure could worsen discolorations and may cause them to last longer or become permanent.

What to Expect:

- Redness and swelling is anticipated around the treated veins, and it is normal for this redness and swelling to last 1-2 days. If you notice itching or burning, symptoms may improve with over-the-counter Benadryl 25mg or a non-sedating antihistamine, such as Zyrtec 10mg.
- Bruising around the treatment area is also common and should resolve within 1 week.
- Mild muscle cramping is common; Tylenol can be taken, if needed.
- Veins often become temporarily discolored (purple, darker red, or brown) as they heal. It may take up to 6 weeks for treated veins to improve. The appearance immediately post treatment often looks worse before it looks better.
- Some patients develop a firm lump in a vein that may appear purple through the skin, usually 2 weeks post treatment. This is a non-dangerous, superficial accumulation of trapped blood that can easily be treated in the office. Please contact the office immediately to make an appointment for check-up with the physician.