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VARICOSE & SPIDER VEINS “SCLEROTHERAPY” TREATMENT INSTRUCTIONS

BEFORE TREATMENT

72 HOURS BEFORE PROCEDURE

DO NOT drink alcoholic beverages or smoke or aspirin like medication (Ibuprofen, Advil, and Motrin) if you are taking for medical reason please check with internist if you withhold.

24 HOURS BEFORE PROCEDURE

DO NOT apply any lotion nor use any moisturizing soap (Dove, Caress, etc.) at least 24 hours before each treatment session as this prevents the compression wraps and tapes from properly sticking.

DAY OF PROCEDURE

- Before your appointment, shower and wash your legs thoroughly with mild soap. Remember **DO NOT** shave your legs or apply any cream or lotion to the legs.
- Eat a light meal or snack before your treatment.
- Please bring comfortable walking shoes, loose fitting shorts, compression stocking and loose fitting pants to every treatment session.
- Be on time for your appointment.
- Do not bring children. No one allowed in the examination during treatment session.

AFTER TREATMENT

ACTIVITY: Immediately after the procedure, you will be required to put on compression stockings. Walk briskly for one hour (2-3 miles) every day during your treatment including the day of your treatment. The walking will help minimize bruising and enhance the healing process. Be sure to have loose-fitting slacks and comfortable walking shoes with you. If you are unable to walk for full hour at one time, you may divide your walk into two 30 minutes periods. Avoid strenuous physical activities such as high-impact aerobics or weight lifting for the first 72 hours. During this time you may take a sponge bath. **Do not** stand or sit in one place for more than 20 minutes at a time. Prolonged standing or sitting on same position may leads to phlebitis (inflammation of blood vessel). If you must stand or sit, move from heel to toe in a rocking motion to exercise the calf muscles.

COMPRESSION STOCKINGS: Keep your compression stockings for 48 hours without removing them to shower or at bedtime than should be worn daily for at least 6-8 weeks during day and remove at bedtime. Compression stockings will enhance healing, decrease discoloration and prevent phlebitis. Always apply your compression stockings before getting out of bed in the morning. If you must shower in the morning, sit with legs elevated above your heart for 10-15 minutes before applying your stockings. This will ensure that your veins are empty before you stand.

HYGIENE: After 48 hours you may take shower. Avoid hot baths or swimming for 2 weeks. Cool your legs with cold water after each shower.

DISCOMFORT: If you experience any itching, burning, and/or cramping sensations, walk around for several minutes. This should help to relieve the discomfort. If burning and/or itching is not relieved by walking put ice in a ziplock bag (to keep the dressings dry) and apply it over the site/s for 10-15 minutes. If you experience mild discomfort, you can take Tylenol for first 24 hours. After 24 hours you may take Motrin or Advil or preferred OTC pain medication. If there is any concern regarding these medications please check with your internists.

LUMPS: You may also feel some tender “Lumps” under the skin where the veins have been treated, usually dark green in color. These tender “Lumps” are a normal part of the healing process and are called “trapped blood”. Some large trapped blood will be aspirated within two to four weeks after each treatment. Lumpy areas without tenderness are an indication of scar tissue within the closed veins and are also a normal part of the healing process.

BRUISING: You will experience some bruising. **DO NOT** be alarmed if you bruise badly. The bruising goes away within a 6-8 weeks for some people may take longer time to fade away. If you do not have any kidney problem, you may take **Vitamin C 1000-mg. daily** to decrease bruising and promote healing.

Follow-up: You will be given an appointment for 2-4 weeks after your treatment for a follow-up visit.

If you experience any discomfort unrelieved by above measures or have any questions, please call our office.