![E:\st_johns_vein_center_logo[1].jpg]()

***Sclerotherapy Instructions***

After your treatment we recommend that you wear your compression stockings during the day for at least the next week, taking them off to sleep. You can never wear them too much. This will improve the cosmetic result and decrease the chance of phlebitis and skin discoloration.

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.

The vessels may appear to turn dark in color and/or be slightly tender. This could be entrapment of blood in the vessels which is a normal response. At the site of the injections, it is common to feel lumps under the skin. These may be tender or non-tender and usually form about two weeks after the procedure. Do not be alarmed, this is a normal process.

If discomfort continues, Ibuprofen or Aleve may be taken. Please call the office if you experience any swelling, tightness, or redness in your legs or if you have any questions or concerns.

**Avoid:**

* Hot tubs, saunas and long hot baths are not recommended for one (1) week following treatment.
* Avoid prolong sun exposure/tanning is not recommended during the course of your treatment. Tanning increases the risk of hyperpigmentation. Wear at least an SPF 30 if you will be in the sun and reapply often.
* Smoking Cigarettes has been proven to prolong healing and increase the risk of tissue damage.
* Avoid high impact exercise, such as jogging/running, for one (1) week. This type of exercise increases the risk of phlebitis/entrapment of blood.

**Permitted:**

* You may apply lotions and shave as desired.
* Exercise is an important part of the healing process. A 20 minute walk or bike ride twice a day is best for the healing process. If you are already involved in an exercise program, we encourage you to continue, just limit aerobic activity to low-impact and hold off on weight lifting with the legs or squat/lunge exercises for one week.

It is important to remember that it has often taken years for these veins to develop, and they will not disappear overnight. At 2 to 3 weeks after treatment, you will also begin to see the fading and lightening of your spider veins. In many instances the same veins may need to be injected again at your next treatment to see complete resolution. Please be patient and allow time for healing to occur.

 I acknowledge that I have received these instructions:

Next Appointment: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Print Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_