

# Dermatology, Laser & Vein Specialists OF THE CAROLINAS

## **PATIENT INSTRUCTIONS FOR SCLEROTHERAPY TREATMENT**

### **Before Treatment:**

1. Eat a light meal before treatment. Strenuous dieting should be moderated during treatment.
2. Do not shave your legs the day of treatment. No lotions, moisturizers or oils should be applied the day of treatment.
3. Do not apply self-tanning lotions for 10 days prior to treatment.
4. We will fit you with compression stockings or compression gloves prior to or on the day of your treatment. For any additional/future sclerotherapy treatments, remember to bring the compression stockings/gloves with you to the office.

### **About the Treatment:**

The procedure consists of a series of injections to the treatment areas, typically the legs and/or hands, and will usually last from 15-20 minutes, depending upon the amount of veins being treated. The injection solutions we use have been developed exclusively for this treatment. Your healthcare provider will determine the safest, most effective treatment option upon consultation.

As a patient, it is important that you know what to expect out of this treatment. The injected areas may be sensitive to the touch and swelling may occur. The areas may appear bruised or pink. You may experience hyper pigmentation, a fairly common darkening of the treated veins, which occurs in approximately 10-20% of patients, more commonly in those with darker skin. This darkening will usually resolve on its own in 2-3 months, depending upon the severity.

On larger vessels, some lumps may form along the treated veins. You may have some redness and/or tenderness along the vein route. The response to the injections is normal and your body will reabsorb this in time. It is important to remember that it has often taken years for these veins to develop and they will not disappear overnight. Be patient and allow for full healing to occur. As with any medical treatment, you should follow your instructions completely to achieve the best results.

### **Following Treatment:**

1. Please wear your compression stockings every day for 7 days after treatment unless otherwise instructed. You may remove them while exercising, sleeping and bathing. Sleep in them for first night if you can.
2. Exercise will increase the efficacy of this procedure. Walk 20-30 minutes daily. Avoid heavy lifting for at least 5 days post treatment.
3. If you experience any discomfort in your legs following treatment, walking will help alleviate the pain. A mild analgesic, such as ibuprofen or acetaminophen may also be taken if necessary.
4. Hot tubs, saunas, and hand or leg massages are not recommended in the 2 weeks post treatment. Try to avoid extremely hot water when bathing or showering.
5. Direct sun exposure to the treated areas is not recommended for 2 weeks. For sustained outdoor activities, a total sunblock is recommended.

**If any questions arise, please feel free to call our office anytime at 704.375.6766.**