



## Sclerotherapy of Varicose Veins Aftercare Instructions

### Immediately after Treatment:

- You will have been prescribed 30-40 mmHg compression stockings that will be applied immediately following the procedure. These must be kept on at all times for the first 48 hours.
- After the first 48 hours, the stockings must be worn for another 2 weeks - during the day only.
- You may resume normal activities after your injections.
- Avoid vigorous exercise (e.g. running or heaving lifting) for at least 3 days.
- Avoid activities that will expose the treated areas to sunlight or non-sterile water (e.g. hot tubs, Jacuzzis, spas, rivers, oceans, etc.) for the next 7-10 days. This will prevent discoloration from UV exposure and possible infection.
- **PLEASE DO NOT** book any long distance air travel and/or car rides during the first two weeks.

### First 48 Hours after Treatment:

- After 48 hours, you are to remove your stockings and shower. Please wash your stocking regularly to refresh the compression and maintain cleanliness.

### First 72 Hours after Treatment:

- If you shave your legs, you may now resume shaving.
  - If you wax your legs, please wait 10 days before resuming waxing.
- You may now resume your exercise regime, however, please continue to wear your stockings for the remainder of the 10 day protocol.

### Ten to Twelve Weeks:

- Treatments are best performed at intervals of 10-12 weeks. Around this time, you will come in for a follow-up appointment to assess your leg(s) and decide if any additional injections are necessary.  
**PLEASE REMEMBER** to bring your stockings to all future appointments.

### A few things you may notice during the healing process:

- **Bruising** – may appear where the injection was made and should diminish over a few weeks.
- **Brown lines or spots** – may develop on the skin. Sometimes (less than 5%), the brown lines may last up to a year or longer. It is recommended that you avoid iron supplements while receiving sclerotherapy, as this can contribute to the problem.
- **Swelling** – may occur in some people who have had large veins treated. Compression stockings will help to prevent and alleviate any swelling.
- **Lumps or ‘trapped blood’** – may occur in larger injected veins. These are not dangerous and should not be confused with a blood clot. Warm compresses and an anti-inflammatory, such as Naproxen (e.g. Aleve or Naprosyn) **OR** Ibuprofen (e.g. Advil or Motrin), is recommended to alleviate symptoms and help the healing process. The trapped blood can be removed after a few weeks if it do not clear up on its own.

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