

Preparation for the Sclerotherapy Treatment

Sclerotherapy, or 'injection therapy', is the most common treatment for spider veins on the legs. During treatment, a mild chemical solution is injected into the incompetent vein or capillary. The sclerosing agent irritates the walls of the vessel, causing it to collapse. The body then reabsorbs the vein and blood is re-routed to a healthy vein, restoring proper venous circulation in the area. Patients used to describe the injections as feeling like a pinprick or mosquito bite.

A single sclerotherapy treatment session lasts 30 minutes; most patients have a lot of veins of varying sizes and locations and require multiple treatment sessions. The number of treatment sessions required varies from patient to patient, depending on the number of veins treated, ability to heal, and the level of cosmetic perfection desired.

Normal daily activities can be resumed immediately after treatment. Compression stockings are **recommended** to be worn for 1-3 days after the treatment. We recommend 2-3 weeks between each sclerotherapy session for best results.

- The day of your procedure/treatment, shower and wash your legs thoroughly.
- **Do not** apply any cream or lotion to your legs.
- To avoid discomfort, do not shave your legs on the day of your appointment.
- Bring shorts to wear during the treatment.
- Bring your compression stockings for after your treatment. If you do not have a pair, you will be fitted for one at the end of your first treatment.

If you have any questions or concern, contact our office at 305-854-1555. Our center will be available for your full assistance.

POST OP INSTRUCTIONS FOR SCLEROTHERAPY

- Your legs will not be cleared with one treatment!
- Most patients need multiple treatments depending on the how clear they want their legs.
- Compression stockings are not mandatory but are recommended. We feel they improve results.
- **You will be able to maintain normal activities.** Walking is good!
- **You may resume strenuous physical exercises to your lower extremities after one day**
- Treated areas may temporarily be bruised, tender, slightly red, and swollen. Areas may also have cat-like scratches from the laser treatments. You may apply ICE directly over the site for comfort. In the event of scabbing, do not pick or remove it; you may apply over the counter topical antibiotic or 1% hydrocortisone ointments. These effects are rare and very short in duration.
- 10% of patients may get some temporary brown staining at the treatment sites- these can take up to 3 to 12 months to clear.
- **Avoid direct sun exposure until stains have cleared.**

If you have any questions or concerns, please contact our office immediately.