

INJECTION SCLEROTHERAPY

Your treatment is scheduled for _____ at _____

Your follow-up is scheduled for _____ at _____

**BEFORE INJECTION
SCLEROTHERAPY**

- Do not shave or use lotion on your leg(s) to be treated 24 hours prior to the procedure to minimize irritation to the skin.
- Please refrain from tanning and intentional sun exposure for 6 weeks prior to sclerotherapy. If you have a deep tan your veins will not be as noticeable to the doctor.
- Please bring your compression hose with you to your appointment.

**AFTER INJECTION
SCLEROTHERAPY**

- Please wait to shower until the evening the day after the injections. You are allowed to remove the compression hose to shower.
- If you have minor discomfort, Tylenol or Advil may be taken as directed.
- Please refrain from tanning or intentional sun exposure to the treated legs for 6 weeks after the procedure. If you tan your skin within this time frame, there is a risk of causing permanent, coffee-colored discoloration to the area treated.
- Please refrain from high impact exercise (i.e. aerobics, running) for 4 weeks. During the first 7 days after the procedure we recommend you continue your normal walking regimen. After 1 week you may increase your exercise to include biking, swimming and other low impact exercise.
- For the next 7 days if you are sitting (such as reading or watching television) please keep your treated leg(s) elevated as much as possible. You will have better results if you keep your ankle(s) higher than your heart.
- Please refrain from using a hot tub or sauna for the first week after treatment.
- Please refrain from long plane trips or car rides (2 hours or more) for 4 weeks.

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WHAT TO EXPECT AFTER INJECTION SCLEROTHERAPY

- The veins that are treated will become very red and appear irritated. This is the injected medication doing its work.
- Some veins, especially the larger veins, may need to have a thrombus (clot) removed within 2 weeks of the injections. This is done in our clinic by puncturing the clot with a small needle.
- The veins treated will appear worse, (pink and irritated) immediately after the procedure and will slowly disappear. It will take 6-12 weeks to have noticeable improvement of the treated veins as compared to before the procedure.

PLEASE REMEMBER

- It takes up to one year for complete maturation of the area and resolution of color. In a small percentage of patients, discoloration may persist long term.
- It is important that you know and understand your insurance company's guidelines regarding coverage of this procedure. If you have any questions regarding this, please contact your insurance company directly.
- If you have any questions, please feel free to contact our office at 515-875-9090.