

Venus Vein Center
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Sclerotherapy Treatment Information and Instructions

Sclerotherapy is a popular method for eliminating varicose veins and superficial telangiectasias (spider veins). A solution, called a sclerosing agent, is injected into the veins. The following information will assist you in maximizing the effectiveness and safety of your treatment.

Pre Treatment:

Your legs should **NOT** be tan at the time of your treatment. Avoid sun exposure on the legs and do not use self tanner prior to your procedure.

Before your appointment, shower and wash your legs thoroughly. Avoid shaving and moisturizers the day of and the day after the procedure.

You will be given a pair of disposable exam shorts to wear for the procedure. Please wear loose fitting pants or shorts to your procedure as your legs will be bandaged after the procedure. Wear a cool, comfortable top, as the room is heated.

Please let us know if you have any allergies or sensitivities to adhesives or latex, a history of asthma, or if you may be pregnant.

Post Treatment:

Your legs will be wrapped with ace bandages. You will be required to sleep with these wraps the first night. Then, you are to wear them during the day for the next 3 days. It is **VERY IMPORTANT** to wear your ace wraps when you are up on your feet.

You may notice some bruising. This is normal and to be expected. This will disappear with healing. Treated veins may appear discolored and firm to the touch and will fade over time.

Veins that have been treated will be sensitive and tender to touch. Swelling and discomfort may be treated with ice and Tylenol and non-aspirin pain relievers.

You must walk! at least 30 minutes per day following treatment. Normal activity is encouraged. Your legs may feel tender and sore. The more you walk, the better you will feel.

No hot tubs, alcohol, Jacuzzi's for two days.

You may resume exercise after 1 week. It is recommended that you wear compression stockings.

If additional treatments are necessary, they may be performed at 4-6- week intervals.

Your sclerotherapy appointment is scheduled for: _____