



## SCLEROTHERAPY POST TREATMENT INFORMATION

We ask all our patients to always bring both stockings to each sclerotherapy appointment.

Wearing compression stockings dramatically helps in preventing soreness and discoloration also known as hyperpigmentation after each procedure.

After Sclerotherapy we ask that you keep your compression stockings on until the following morning. At that time, you can shower and then put them back on for the day. Afterwards only wear the stockings during the day for the next 7 days and shower as needed.

The only restriction after sclerotherapy is a 48-hour avoidance of strenuous exercise. After that 48 hour period patients may resume exercise. Aside from this restriction all other normal activities can be resumed as normal. We advise that patients not take any hot baths, saunas or use a steam room for 48 hours after the procedure.

Every patient is different, but it is common to have some light bruising and discoloration also known as hyperpigmentation after each procedure. This is part of the healing process that takes place and is not permanent. In most cases there is no pain associated after sclerotherapy treatment. In some cases Sclerotherapy will cause minimal discomfort from veins that are closed and healing. These veins become firm and may take a few weeks to completely resolve. In addition, some of the treated veins may become slight red and irritated which is also known as superficial phlebitis. This may occur right after the treatment or even several weeks after treatment. Simple over the counter medicine like Aleve or ibuprofen eliminate the discomfort and help with healing. Compression stockings may also be necessary depending on the location and degree of the phlebitis.

Varicose veins and spider veins take some time to develop. Your veins will look worse before they start looking better. Elimination of these veins is not instantaneous and can take months to completely disappear depending on the severity of your spider or varicose veins. If you still notice veins a month after your last treatment please call us to make an appointment for us to follow up with you and address any questions or set up a time for more treatments.

We are available by phone anytime at 630 401-7102 to answer any questions or discuss any concerns you may have.