

POST - SCLEROTHERAPY

We recommend that you wear the dressing until the next morning.

Tomorrow, feel free to shower and then wear your compression stockings for **at least one week** during the day only. You may take them off at night. *You can never wear them too much.*

What to Expect

Significant bruising may occur, especially after the first treatment. This bruising is normal and is to be expected for healing to occur. Expect treated areas to look worse before they look better.

You may experience slight discomfort such as aching or throbbing for the first day or two after your initial treatment. Walking should help to reduce these symptoms. If discomfort persists, Ibuprofen or another over the counter medicine may be taken for pain relief.

The vessels may appear to turn dark in color and/or be slightly tender. This could be an entrapment of blood in the closed vessels. Please contact us:

- If the area feels hard and the skin has a brownish hue. We may have to evacuate some of the trapped blood at a follow-up appointment. This evacuation is necessary as ignoring the issue could lead to skin discoloration. Please contact our office to schedule this visit.
- If you notice the area forming a blister, please contact our office to set-up a follow-up appointment.

Arnica Cream is an over the counter naturopathic treatment for bruising and soreness. Many of our patients have found this to be soothing after the sclerotherapy treatment. This may be purchased over the counter at a health food or drug store.

You may apply cream or lotion to your legs when you remove your hose.

What NOT to Do

Do not do the following for 24 hours after treatment:

- Shaving

Do not do the following for 7 days after treatment:

- Hot tubs, saunas, and long HOT baths/showers
- Exercises to avoid are leg exercises with weights and high impact aerobics.

Do not do the following for 2 weeks after treatment:

- Sun exposure
Sunburn on areas that have been recently been treated could result in skin damage. Wear sunscreen if sun exposure is not avoidable.

It is important to remember that it has taken years for these veins to develop and they can not be expected to disappear overnight. Maximum cosmetic benefit may not be seen until 6 to 8 weeks following the procedure. Not all veins will respond to the initial treatment and may require several sessions. Please be patient and allow time for healing to occur.

Call the office at **206-525-8346** with any questions further questions you may have about your treatment.