

Post-Procedure Instructions for Vein Injection Sclerotherapy

Bruising/Inflammation

Your legs will look worse before better. Bruising, redness, inflammation and occasional small blisters develop over the first several days. Most injected veins appear more prominent. This resolves gradually over weeks and months. Brownish discoloration at sites of injections is not uncommon and will fade over time, though this may take several months in some cases. Areas of tender nodularity may develop; these will resolve over time, and some may require drainage with a small needle with local anesthesia.

Stockings / Shower

Your post-procedure wrap will feel tight but is important. Leave any cotton balls, tape and wraps in place overnight. Remove wrap 24-36 hours after your procedure as directed. Shower (not bathe) if desired, and apply your compression garment. Compression garments should be worn daily for 2 full weeks after the procedure except for bedtime. Hot tub, sauna or tub baths should be avoided for 2 weeks.

Pain Control

It is normal to have some post-procedure bruising, mild pain and tenderness. For discomfort take Tylenol, ibuprofen (Advil, Motrin, Aleve etc.) as needed. Walking will often decrease discomfort. Application of topical anti-inflammatory gel or cream may be useful (Arnica, ibuprofen, etc.).

Activity

You should resume normal activity the day of your procedure, including return to work if heavy lifting, prolonged standing, and high impact activities are not required. Running, aerobics and unrestricted activities may be resumed in 48 hours if only small ("spider") veins were treated, and 3-5 days if larger veins were treated (wearing your support garments). Extended sun exposure, sun tanning or artificial tanning lotions should be avoided for 3-4 weeks.

Complications

If you should develop severe pain, severe leg swelling, severe redness, severe tenderness or high fever, you should call the office, or report your nearby hospital emergency department.

Follow up

You will be scheduled for a follow-up appointment at a time interval based upon your individual condition. This may be a simple check-up, or may involve additional sclerotherapy injections, based upon your individual circumstance.

If you have any questions please call our office
413-347-4767