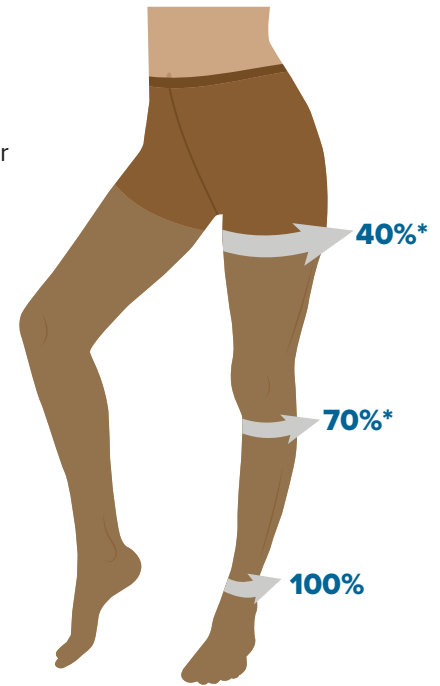


POST PROCEDURE INSTRUCTIONS FOR COSMETIC SCLEROTHERAPY

- After sclerotherapy, a compression stocking will be applied. After walking for 10-20 minutes, you will be able to drive yourself home.
- You will be instructed to wear compression stockings continuously for 2 days. Thereafter, you will put your stockings on in the morning and take them off at night for a minimum of 5 additional days. (the longer you wear them, the better).
- You do not need to wear stockings while showering.
- You may resume your regular activities immediately, with the exception of running, jumping, swimming, weightlifting, and other strenuous activities that involve your core muscle group (torso area).
- Air travel should be avoided for 2 weeks following a sclerotherapy session.
- Do not take baths or sit in a whirlpool or sauna for at least 72 hours following a sclerotherapy session.
- You are encouraged to walk 30-60 minutes a day and to avoid excessive standing.



WHAT TO EXPECT AFTER COSMETIC SCLEROTHERAPY

- 1) Bruising is common and expected. It is temporary and resolves gradually over several weeks.
- 2) Expect redness and raised, hive-like reactions that look similar to mosquito bites at injection sites. This is normal and resolves over several hours.
- 3) Mild soreness or tenderness at injection sites is normal for 1-2 days. You may experience itching, stinging or burning sensations that last minutes to hours directly following the procedure. This is a sign that the medication is working in the veins. Walking and wearing compression stockings are recommended.
- 4) Brown, tan or yellow staining of the skin (hyperpigmentation) may occur over the treated vein as it is being absorbed. This will lighten gradually over 6-24 months. Wearing compression stockings for 1-3 weeks after your procedure can reduce the risk of staining.
- 5) Treated veins will darken in color and gradually resorb over 1-6 months. Optimal cosmetic improvement takes time.
- 6) New veins will develop in the future. Expect to follow up with your vein specialists at Physicians Vein Clinics as needed.



FREQUENTLY ASKED QUESTIONS (FAQS)

Q: Is it normal to have blood on my stocking after the procedure?

A: Yes, you may have some bleeding from one or more of your treatment injection sites. This generally resolves within a few hours of treatment.

Q: My treated leg(s) are itching after the procedure, is this normal?

A: Itching is a common side effect of sclerotherapy due to the release of histamine. This generally resolves within a few hours of treatment. You may wish to take an over-the-counter antihistamine medication such as Benadryl (diphenhydramine). Consult the packaging instructions or your pharmacist for dosing instructions. Always check with your primary care provider before starting any new medication.

Q: I'm noticing firm lumps on my treated leg(s), is this normal?

A: Treated veins feel like firm lumps or ridges. This is normal and a sign that your treatment was successful. The lumps will resolve gradually as the vein is resorbed over several months.

Q: I have a tender spot that has developed after my treatment, is this normal?

A: Pain, redness and swelling may occur several days to weeks after the procedure. Blood can become trapped in closing veins as they heal and this can cause tender, sometimes lumpy areas in treated veins. **Call the office for an appointment if you are having significant pain or extreme discomfort.**

Q: I have noticed swelling in my treated leg, is this normal?

A: Swelling over treated veins is common and normal. **Call the clinic if you notice generalized (overall) swelling of the leg, calf, ankle or foot after treatment, particularly if it is more pronounced in one leg when compared to the other.**

Q: I have numbness of the skin on my treated leg, should I be worried?

A: Numbness is not uncommon after vein procedures. Skin nerves can be affected during the procedure which can cause numbness, tingling or "pins and needles". This is not worrisome and generally improves gradually over several months.

Q: I have a lot of bruising on my legs, is this normal?

A: You can expect significant bruising after vein procedures. This resolves gradually over several weeks. You may try an over-the-counter bruise remedy such as Arnica from your local pharmacy. Ask the pharmacist any questions you may have regarding this medication.

Q: I have noticed new veins on the surface of my treated leg(s), is this normal?

A: New veins can appear soon after vein treatment. These are existing veins that become congested and visible. Sometimes they are so small and numerous they give a "matting" appearance. Matting typically improves or completely resolves within 6-12 months.

Q: When can I shower after my procedure?

A: You may shower the day following your procedure.

Q: I have a history of migraine headaches and I developed a migraine after my vein treatment, is this related to the procedure?

A: Migraines can be triggered by vein procedures. Treat these as you normally would. You may have migraines with future treatments and should plan to have migraine medication on hand at the time of treatment.

Q: *When should I call for help?*

A: Call 911 anytime you think you may need emergency care. For example:

- You faint/pass out (lose consciousness).
- You have difficulty breathing or feel like you cannot catch your breath.
- You have sudden chest pain, shortness of breath, or you cough up blood.

Call the clinic or seek immediate medical care for:

- Sores or wounds at injection sites.
- Signs concerning for a deep blood clot (deep venous thrombosis or DVT):
 - Pain in your calf.
 - Generalized (overall) swelling in the leg, calf, ankle and/or foot. Particularly when the swelling is more noticeable in one leg when compared to the other.
- Problems with your vision or balance.
- Pain that does not resolve with pain medication.
- Signs of infection:
 - Pus draining from the area of injection.
 - Fever.
 - Redness and pain that is expanding or spreading out around an injection site.

