



Fairfax Vein Center
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Fairfax Radiology VA 22031
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Post procedure instructions For Sclerotherapy

At the time of your consultation, the Doctor recommended that you receive _____ treatments. Your first two treatments are the most important.

Bruising may occur especially after the first treatment. Do not be alarmed. This is a normal process. If you have excessive bruising or bruise easily, 1000mg of Vitamin C with Bioflavonoid may be taken every day (500mg morning and 500mg evening). This will help the bruising to heal faster.

You may experience slight discomfort such as aching or throbbing for the first day or two after your initial treatment. Walking will help to dissipate this sensation. If discomfort continues, Advil, Nuprin, or Ibuprofen may be taken (200 – 400 mg with food). Also the vessels may appear to turn dark in color and/or be slightly tender.

You may apply cream or lotion to your legs the evening of your treatment. Shaving should be postponed until the following day. Hot tubs, saunas and long hot baths are not recommended for one week following treatment. You will wear your hose for seven days following your procedure, daytime only.

Exercise is an important part of the healing process. 20 minute walks or bike ride once or twice a day is best for the healing process. If you are already involved in an exercise program, we encourage you to continue. The only exercises to avoid are leg exercises with weights and high impact aerobics. These activities should be avoided for seven days. Please feel free to discuss any questions or concerns with your nurse.

Sun exposure is NOT recommended for four weeks after your treatment. After that we do allow patients to have sun exposure with the use of a sunscreen (15 SPF or higher) until treatment is completed. Sun burning areas that have recently been treated could result in skin ulceration / damage. **No airline flights for three weeks after Sclerotherapy. No car rides longer than 2 hours after Sclerotherapy.**

It is important to remember that it has often taken years for these veins to develop, and they will not disappear overnight. Around the same time that your bruising resolves (10 days – 2 weeks), you will also begin to see the fading and lightening of your spider veins. Please be patient and allow time for healing to occur.

If you notice anything unusual that has not been discussed with you, or is not on the instruction sheet, please call us at anytime, 703-698-4494. If no answer, please call 1 866 802 3081 to reach the Interventional Doctor on call.

Patient: _____ **Date:** _____