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What to Expect During Sclerotherapy?

- Each session typically lasts 15 to 45 minutes
- Antiseptic will be used to clean the treatment area
- A very fine needle will be used to inject Asclera into the treated veins
- A slight stinging may accompany each injection

Because every patient is different, each treatment and its results will vary. Factors include varicose vein severity, disease progression, skin tone, and extent of recommended treatments.

What do I need to do after treatment?

Please wear your compression stockings day and night for 2 to 3 days if treated for spider veins, 5 to 7 days if treated for reticular veins. Continue to wear them as needed for the following 2 to 3 weeks.

You should also walk 15-20 minutes immediately after treatment and daily for a few days.

What should I NOT do after treatment?

For 2 to 3 days following the treatment, avoid:

- Heavy exercise
- Sunbathing
- Long plane flights
- Hot baths, hot tubs, or saunas

Be sure to ask your healthcare provider if you are uncertain about any activities you should avoid post- procedure.

What potential changes are common after treatment?

- Bruising
- Raised red areas
- Small skin sores
- Darkened skin in the form of lines or spots
- Multiple tiny red blood vessels

These side effects usually go away within a few days to several weeks. Some side effects may take months or years to resolve.

What side effects require a call to my provider?

- Severe allergic reactions have been reported following polidocanol use, including anaphylactic reactions, some of them fatal. Severe reactions are most frequent with use of larger volumes (> 3 mL) of solution
- In rare cases, formation of small “burns” or ulcers form, usually due to leakage of Asclera into the skin. These will heal in time but may leave a scar
- Inadvertent injection of Asclera around a blood vessel can cause pain. If pain is severe, a local anesthetic (without adrenaline) may be injected

Sincerely,

M.D. Ventures Medical Spa

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Post - Care instructions after Sclerotherapy:

- We recommend continual compression for the **first 24 hrs** and daily compression using compression stockings for 2-3 weeks after the treatment. They should continue to be worn as part of your regular routine and may prevent the appearance of new veins especially if you sit or stand for more than 6 hours a day, are pregnant, or have a strong family history of varicose veins.
- Do not shave your legs for 3-4 days.
- Take a 30-60 minute walk shortly after the treatment, and walk 20-30 minutes a day for 2 weeks, but avoid strenuous exercise for 1-2 days. Do not perform aerobic exercise such as jog or ride a bicycle for a week.
- Avoid hot baths or Jacuzzis for a few days following procedure to avoid dilating veins.
- It is normal and expected to have some redness and swelling (with the appearance of “hives”) around the treated veins that may last 1-2 days. This may be associated with some itching and burning and may improve with over-the-counter Benadryl 25mg or a non-sedating antihistamine such as Zyrtec 10mg.
- Bruising around the treated area is also normal and should resolve within 1 week.
- Veins often temporarily become discolored as they heal. This means they may appear purple, darker red, or brown. Sun or tanning bed exposure worsen discolorations and may cause them to last longer or become permanent. Avoid sun exposure completely until the treated areas return to your normal appearing skin.
- Some people develop a firm lump in a vein that may appear purple through the skin, usually 2 weeks after treatment. This is a non-dangerous, superficial accumulation of trapped blood that can easily be treated in the office. Please make an appointment for it to be evaluated.
- Painful areas, expanding redness/ swelling, blistering, or leg swelling should be immediately reported to your doctor.
- It may take up to 6 weeks for treated veins to improve. The appearance immediately after treatment can often look worse than prior to treatment.
- Avoid blood thinners (aspirin, fish oil, vitamin E, ibuprofen, etc.) for 3-4 days following procedure (ask your doctor first if these are prescribed by your doctor)

If you have any further questions, please call us at 224-377-9577

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