



POST-SCLEROTHERAPY INSTRUCTIONS

Now that your first treatment is complete, we recommend that you wear your support hose for three days, day and night, then wear them for three weeks taking them off at night. You can never wear them too much.

Significant bruising may occur, especially after the first treatment. Do not be alarmed as this is a normal process.

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, Ibuprofen may be taken with food. 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, a normal response to the procedure, and will be evacuated at the time of the next treatment session. This is why the first two treatment sessions are the most important.

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 (1) week following treatment.

Exercise is an important part of the healing process. A 20 minute walk 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 (7) days.

Sun exposure is NOT recommended for 10 days after your treatment. Sunburn on areas that have recently been treated could result in skin damage.

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.

Call the office at 208.292.1411 with any questions you may have about your treatment or how your legs are feeling.

Bring shorts with you to wear during your appointment.