

SCLEROTHERAPY

WHAT TO EXPECT:

- Your legs will look worse before they look better. There can be itchy, red, raised areas that will go away within 24 hours. Also expect some bruising. This too will fade but could take 2 weeks or more.
- Some of your treated veins will become dark, lumpy and tender. You may massage these areas to help break-up the clots or you may have the clots drained at your next visit.
- These are not traveling clots so don't be concerned. They are not dangerous.

WHAT NOT TO DO:

- After treatment, you want to avoid hot showers and/or hot tubs. Exposure to hot water will dilate your veins, which is the opposite of what our goal is. Avoid this for 72 hours.
- You want to also avoid sun exposure during your entire treatment. Sun exposure can cause dark pigmentation of the skin which can take a year or longer to disappear. If you must be in the sun, wear a waterproof sunscreen - minimum SPF 15.
- You will need to avoid high impact exercise, weight lifting (lower body), and squats for 48 hours.
- Avoid prolonged standing or sitting in one place.

WHAT TO DO:

- Walk a minimum of 30 minutes a day including the day of your sclerotherapy. Walking lowers your venous pressure and promotes healing.
- Whenever possible, elevate your legs above your heart.
- Your legs may ache or feel heavy following a treatment - you may take Tylenol or Advil to help relieve this.
- **Always** bring shorts with you to your appointments.

STOCKING USE (if recommended):

Dr. Mackay and/or medical staff may recommend that you wear compression stockings during part or all of your treatment. These will be applied immediately following your treatment and will remain on for **24 hours** continuously. They will then be worn daytime only for 4-5 days. You will not need to wear them at night.

Putting your stocking on will not be easy, but using rubber or latex gloves will help you grip them more easily. Hand wash them in dish detergent or in the washing machine in cold water. **DO NOT USE WOOLITE. DO NOT PUT THEM IN THE DRYER.** Line dry only.

**REMEMBER: YOUR LEGS WILL LOOK WORSE
BEFORE THEY LOOK BETTER**

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