

AFTERCARE

SCLEROTHERAPY AFTERCARE



It is not unusual to have tenderness and bruising at the injection sites in the first 2 to 3 days following treatment. These symptoms can usually be relieved by elevation of the leg(s). The use of a heating pad may help

Wear compression stockings for 4 days day and night, followed by 10 days, daytime only.

If necessary, you may take Paracetamol (preferred over aspirin – which may cause increased bruising)

Wear support clothing for 5 days after treatment – such as Gym leggings

You may resume normal activities but avoid strenuous physical activity such as aerobics, jogging, and heavy lifting for the first 2 to 3 days after the procedure

Avoid prolonged standing in one position. If you must stand in one place, move your feet or toes frequently or support one foot on a small stool or box

Limit your sun exposure for 4 to 6 weeks after treatment

DO NOT apply creams or lotions to your legs for 24 hours after treatment

If swelling occurs over an injection site, elevate and apply ice to the affected leg

Small dark clots may develop in the treated veins. Contact us if one of the clotted areas becomes very red, tender, and/or inflamed

A small, superficial ulceration of the skin may occur over an injected vein. This usually does not leave a scar, but needs to be examined immediately by your provider

Irritation of the injected vein rarely occurs. This can be treated with compression stockings and anti-inflammatory medications such as Aspirin or Ibuprofen

Avoid hot baths – this is advisable long term as hot baths are one of the main causes of thread veins

If you have any concerns following treatment, do not hesitate to contact us on 07907 005255. If this is outside of normal hours, please leave an answerphone message and we will normally get straight back to you.