



# VEIN CENTER OF VENTURA

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## **Patient Instructions Following Sclerotherapy**

In order to maximize your results and minimize the risk of side effects, please follow these recommendations after each sclerotherapy treatment:

- Put your compression hose on immediately after your treatment and wear them for 24 hours.
- Wear your hose daily for a least one week after your treatment (longer if advised to do so).
- Go for a walk, a minimum of 20 minutes, as soon as you can after treatment. Exercise is an important part of the healing process. A 20 minute walk or bike ride once or twice a day is recommended to promote healing.
- You may apply lotions and shave your legs as desired after treatment
- Use sunscreen (SPF 30 or higher) or keep legs covered when outdoors until all bruising is resolved.
- Avoid hot baths, hot tubs, Jacuzzis or saunas for one week after treatment.
- Avoid high impact aerobics or heavy weight lifting for one week.

You may experience slight discomfort such as aching or throbbing for the first day or two after your treatment. Walking will help to dissipate this sensation. Bruising may occur, especially after the first treatment. Do not be alarmed; this is a normal process.

Larger veins may appear dark in color and be slightly tender. This could be an entrapment of blood in the closed vessels – a normal response to the procedure - resulting in a hard lumpy feeling under the skin. Your body will eventually reabsorb this trapped blood, but, to speed up this process, some of this blood may be evacuated with a needle prick at a follow-up visit to the office. The larger the vein the longer it will take to fade away.

It is important to remember that it has taken years for these veins to develop, and the treatment plan we have outlined for you will take time also. Some small superficial veins may disappear immediately, and others may darken and require more time or additional injections. Please be patient and allow time for healing to occur.

Always bring your compression hose to your appointments. You may bring shorts to wear during your exams and future treatments.

Call the office if you have any questions about your treatment or how your legs are feeling.