



Sclerotherapy Recovery and Care

Sclerotherapy involves the injection of a solution into spider or varicose veins with a very fine needle, which causes the vein to collapse and fade away. Results vary on an individual basis. Treatments are scheduled in multiple sessions from 1 to 4 weeks apart.

To achieve desired results, proper skin care after and between treatments is important. Most patients will be able to return to normal activities directly after treatment.

Preparing for Sclerotherapy:

- Do not shave your legs immediately before or after sclerotherapy
- Do not use oil, lotion or powder on your legs the night before or day of the injections.
- Bring a pair of loose comfortable shorts to wear during the treatment.
- Dress in loose clothes and wear comfortable shoes.
- Bring personal compression stockings with you.
- Avoid the use of alcohol, aspirin, and or ibuprofen and other anti-inflammatory medications. a few days before and after the treatment, which can increase the amount of bruising.
- Tylenol may be taken.
- Do not plan air travel or long car rides over 2 hours, for 2 weeks post-operatively, to decrease risk of deep vein thrombosis (DVT).

Sclerotherapy treatment:

- Some patients experience a slight to moderate burning sensation immediately after injection, which disappears after a few seconds. An ointment to soothe the skin and relieve the burning may be used.
- A pressure bandage may be applied to prevent post-injection bleeding and to promote healing. Compression stockings or support hose may be used instead.



Dermatologic Surgery

First few days after treatment:

- Because sclerotherapy treatment causes the spider veins to become inflamed, the spider veins will look worse. This inflammation is what causes the spider veins to contract and fade away.
- Avoid shaving the treated area.
- Avoid hot water tub baths for 24 hours. Use warm water to shower.
- Resume normal activity immediately. Walking is good because it increases the blood flow through other veins.
- Elevation of the legs is not recommended unless large veins have been treated.
- Bruising, which eventually disappears, can result if the veins are unusually weak. Fair skinned people tend to bruise more than dark skinned people.
- Most patients notice a substantial improvement in the appearance of the skin, within a few weeks. With time, new spider veins may appear for which you may want to return for additional treatment.
- Do not fly for 2 weeks; do not take car rides over 2 hours for 2 weeks.
- Dermablend leg make up may be used to camouflage the treated sites.
- Small superficial clots may be visible in the treated spider veins. At a follow-up visit Dr. Prystowsky may remove them to speed healing.
- Wear compression hose daily for 2 weeks after treatment to enhance the degree of improvement of each treatment.
- For veins that are too small to inject, pulsed-dye laser treatment is recommended. Usually this is done at a separate visit because treatment areas overlap and cannot be done on the same day.
- Schedule a post-op visit for 2 weeks after the procedure

- **Please call the office 212-230-1212** if you notice sudden onset of a swollen leg or formation of small ulcers at the injection site.