

Daws Wellness Center

Injection Sclerotherapy Pre and Post Procedure Instructions

**Hartwell 706-376-6000
Anderson 864-261-7733**

Be sure to bring your compression hose and loose fitting shorts to each office visit.

Prior to the Procedure

One week before your treatment stop aspirin, aspirin-containing drugs and other anti-inflammatory medications, vitamin E, fish oil and other blood thinners.

Please bring your compression stockings, ace wrap, and loose fitting shorts the day of your injections.

You will need to wear your compression stockings after the injections. The injections will not be able to be done if you do not have stockings on the day of your treatment. You have the option to purchase the stockings the day of your injections if you do not have them with you. Although we have a very large stock of compression hose, we may not always have your size.

After the Procedure

Wear compression stockings and ace wrap for 24 hours. You may take them off to shower. Continue to wear your compression hose until otherwise instructed. If you are not too uncomfortable you can wear the stockings at night as well. The more, the better until the veins have completely healed.

The area injected cannot be exposed to the sun, tanning beds or tanning solutions. If you are going to be in the sun, cover the injected area with clothing, or a towel. Sunscreen is not enough. Exposure to these things can cause the skin to have a brown stain.

Avoid strenuous leg exercises for a week. If your veins are very large you should not lift anything heavy (> 15 pounds) or run for the first 14 days. After that you may return to your normal activities.

Do not use a hot tub for two weeks.

Oftentimes, your legs will look worse after the treatment. Please remember that hardness, lumps and discoloration are part of the process. You may use a non-steroidal agent such as Advil if there is some discomfort. Extreme discomfort at a particular site is not normal.

If you experience marked discomfort at any of the injection sites you should remove the stocking and ace immediately. The stocking or ace may be the cause of the irritation and removing them may relieve the pain. If this does not relieve the pain give us a call at the number at the top of this form.

Remember that varicose and spider veins form over many years. Treatment takes time. The duration of your treatment will depend on the degree and extent of your venous disease. You will continue to see improvement for months and up to a year after you complete your treatment.