

Following the injections you have received today you may experience some mild discomfort. This is a normal part of the healing process and should subside with time and wearing the compression hose. Walking will usually help the discomfort in the leg. You may take Advil, Nuprin, or Aleve for any pain or discomfort that may be present. Avoid hot tubs, whirlpools, saunas and heated swimming pools. Use sunscreen at all times when in the sun.

We will place compression wraps and/or compression hose after your procedure. We will ask you to wear these continuously for the first 24 hours, including one full night. In the morning, you may remove all of the wraps and stockings before showering. After the compression hose is removed, you may apply lotions as desired.

Arnica may help limit the inflammation. Arnica tablets as well as cream/gel may help limit the inflammation. A thin layer of gel can be applied to the skin three times daily during the week following any sclerotherapy injections, beginning the first night after the treatment. Arnica tablets can also be used. The pills can be started the evening prior to the treatment. This may also limit some bruising over the treated areas. Most patients will have minimal bruising. This is not essential.

After showering, please reapply just the stockings. The stockings should be worn every day for a minimum of 2 weeks. They may be removed while sleeping and bathing. If at any point during your treatment you experience any leg pain or mild swelling, and you are not wearing your compression stocking(s), **PUT YOUR STOCKINGS ON.**

Immediately after treatment, with your compression hose in place, please walk around for 15 minutes. This will help distribute the solutions and clear the deep veins. Walking daily is encouraged and promotes speedy healing. This activity helps dissipate any discomfort you may have, and maintains good circulation by emptying the leg veins with the muscular activity that walking creates.

You may resume all your pre-procedure activities, including work, immediately. Continue to keep moving and maintain a normal level of activity. Please avoid high impact sports and strenuous activities for 3-5 days after treatment.

Typically, the injected areas may be sensitive and swell slightly. The area may look black and blue or bruised. The small vessels may change color. This discoloration is normal and will disappear as the healing process takes place. None of this should cause alarm.

On larger vessels, some lumps may form along the treated veins. These lumps may take 4 weeks to 3 months to resolve. If tenderness/redness/lumpiness persists, please contact us. You may have some redness and tenderness along the vein route. You may also feel a pulling or tight sensation along the vein. These responses to the injections are normal. Many patients go through the treatment with almost none of these reactions at all. These responses to treatment are not serious, harmful, or dangerous and are only temporary in duration. Warm compresses and compression stockings are the best therapy.

Remember, it has taken years for these veins to develop, and they will not disappear overnight. Please be patient and allow time for healing to occur. You can expect to see beneficial results in 8-10weeks.

Please call the Vein Center if you experience persistent pain, bleeding, extreme swelling, and fever or chest pain: 516-869-VEIN (8346).

ALWAYS BRING YOUR COMPRESSION HOSE WITH YOU TO THE OFFICE.