

ULTIMATE BEAUTY, HEALTH & WELLNESS

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SCLEROTHERAPY INSTRUCTIONS

Description:

Sclerotherapy is a medical procedure that is used to close up unwanted veins by injecting a sclerosing chemical agent into the vein with the purpose of destroying the targeted veins. The inside of the blood vessel closes down so that blood no longer flows through it.

- During sclerotherapy, mild discomfort may occur. A burning or cramping sensation may be felt for a couple minutes when veins are injected with a sclerosing agent. The sclerotherapy procedure takes a variable amount of time but a session is usually less than an hour.
- Sclerotherapy works well for most patients. Most of the injected veins should be eliminated with each sclerotherapy injection session. Three to five sclerotherapy sessions are usually adequate to get rid of targeted veins.
- Varicose veins usually respond in 3 to 6 months. Veins that respond well to sclerotherapy injection treatment usually will not reappear. New veins can appear over time as blood flow shifts occur in the tissues. It may be required that these veins be treated by injection sclerotherapy.

Pre- Treatment Instructions:

- Remember to bring your compression stockings to your sclerotherapy session.
- Avoid using lotion on your legs for 3 days before and 3 days after your sclerotherapy session.
- Please do not shave your legs the day of the sclerotherapy session. Shaving 2-3 days before is usually adequate and will reduce the chances of infection from the procedure.
- Avoid taking Aspirin, NSAIDS (such as Advil, Ibuprofen, Motrin, Aleve, Naproxen) for one week prior to your sclerotherapy session.
- It is recommended that Prednisone be discontinued two days before your sclerotherapy session if your medical condition allows this.
- No air travel should be done within 72-hours following your sclerotherapy session.

Post- Treatment Instructions:

• After the sclerotherapy you will need to walk for 20 minutes. You will then be able to drive yourself home. You may resume your regular activities with the exception of running, jumping, swimming, weight lifting, and strenuous activities for two weeks.

- Wear compression hose for a full 24 hours after procedure, then only when out of bed for 2 weeks.