



COSMETIC SCLEROTHERAPY - PATIENT INSTRUCTIONS

About your procedure:

- Sclerotherapy injects Asclera (polidocanol) into spider, reticular and varicose veins.
- This is accomplished by directly injecting the medicine into the vein or through a small IV.
- Polidocanol irritates and collapses the vein, reducing both symptoms and appearance.
- This starts a healing process that reduces the veins over weeks to months for full improvement.

Before your procedure:

- Do not apply lotion to the treatment areas on procedure day.
- Wear loose comfortable clothing and footwear. Bring compression stockings.
- Eat a healthy, nutritious meal. Hydrate well and avoid or minimize caffeine consumption.

After your procedure:

- Wear compression bandages/stockings for 24 hours post-procedure.
- Special compression instructions may be given based on the location of your treatment.
- Start applying anti-bruising lotions (e.g., arnica) the day after the procedure to treat bruising and discoloration.
- There are no restrictions on normal activities of daily life.
- Elevating your legs periodically (every 1-2 hours) for 5-10 minutes is beneficial.
- You can shower the day after your procedure.
- Avoid strenuous exercise and strenuous lifting for 5 days following the procedure.
- Resuming light to moderate exercise the day after your procedure is recommended.
- Discuss travel plans such as long car rides and flights within 1 week of procedures with your provider.
- Avoid swimming, hot tubs, and prolonged submersion of treated legs for 3 days.

What to expect following your procedure:

- Bruising, tenderness, soreness and mild to moderate symptoms are common following procedures.
- Treated veins may occasionally become hardened or inflamed with redness (phlebitis). This painful but not unusual symptom is treated with warm compresses, OTC pain medication, and comfortable compression.
- Use Tylenol and Ibuprofen for symptoms of pain or discomfort.
- Areas of phlebitis, discoloration and bruising can be treated with lotions containing arnica.