



Sclerotherapy of Spider Veins Aftercare Instructions

Please do not book any long distance air travel and/or car rides during the first two weeks following your treatment.

First Week Post-Treatment

Days 1-3:

- You may resume normal activities after your injections
- **Compression stockings should be worn every day** (min. 8 hours during the day for one full week post treatment)
- Avoid shaving your legs or applying lotions to the legs for the first 3 days following your injections (if you wax your legs, you must wait 10 days post-treatment to before waxing)
- Avoid vigorous exercise (eg. running or heavy lifting) for at least 3 days
- Avoid activities that will expose the treated areas to sunlight or non-sterile water (eg. hot tubs, jacuzzis, spas, rivers, oceans, etc.) for the next 7-10 days. This will prevent discolouration from UV exposure and possible infection

Days 3-7

- **Continue to wear compression stockings daily** (min. 8 hours during the day)
- You may resume shaving your legs and applying lotions to the legs
- You may now resume your exercise regime

Treatments are best performed at intervals of three to five weeks. Around this time, you will come in for a follow-up appointment to assess your leg(s) and decide if any additional injections are necessary.

PLEASE REMEMBER TO BRING YOUR STOCKINGS TO ALL FUTURE APPOINTMENTS

A few things you may notice during the healing process:

- **Bruising** - may appear where the injection was made and should diminish over a few weeks
- **Brown Lines or Spots** - may develop on the skin. Sometimes (less than 5% of patients), the brown lines may last up to a year or longer. It is recommended that you avoid iron supplements while receiving sclerotherapy as this can contribute to the problem
- **Swelling** - may occur in some people who have had large veins treated. Compression stockings will help to prevent and alleviate any swelling