

SCLEROTHERAPY DISCHARGE INSTRUCTIONS

- You will be allowed to drive home.
- Keep the dressings or bandages in place, keeping them clean and dry for 24-48 hours. Then wear compression stockings or support stockings on the treated leg continuously for two days, and for two weeks during the day time. These could vary and the doctor will instruct you accordingly.
- It is advisable to walk or use a stationary bicycle for 15 to 20 minutes after the procedure and daily for ten days.
- Avoid heavy exercise, sunbathing, long plane flights, hot baths, or saunas for three days following the treatment.
- What are the most common temporary side effects?
 1. **Itching**: Mild itching along the vein route for one to two days because of the vein inflammation.
 2. **Brown discoloration**: 10% of individuals will have a temporary light brown streak. In rare instances, it may last six months.
 3. **Sloughing**: In less than 1%, small blisters may slough, which normally heals and returns to normal color in 2 to 3 months.
 4. **Allergic reaction**: Very rare. Call the doctor immediately. Temporary slight burning or stinging sensation is normal.
 5. **Pain**: Few patients may experience localized pain with some bruising. Usually, at the site of the injection. The bruising resolves in 7 to 10 days. The vein may be tender or uncomfortable. In most cases it lasts from one to seven days.
 6. **Coagula**: The injected vein may become black because of trapped or sequestered blood or coagulum. These can be removed painlessly with a needle. These should be removed within 7-14 days to prevent staining.
 7. **Phlebitis**: Extremely rare, approximately 1 in every 1,000 patients treated for veins greater than 3 to 4 mm. in diameter. We have not seen this in spider veins.
 8. **Matting**: Formation of tiny new blood vessels around the treated area.
 9. **Rare: fuzzy or grey vision**. Will go away after twenty minutes.
 10. **Tape blister**.
 11. **Very tight dressing**: Remove the dressing and call the doctor.

WHEN TO CALL THE DOCTOR (516) 883-2212

Call the Doctor if you have questions about the treatment you just had, not covered by these discharge instructions, or if you experience any of the following:

- Persistent pain in the leg or foot.
- Persistent itching.
- Persistent bleeding or oozing.
- Persistent swelling.
- Fever.
- Chest pain.
- Any adverse reaction.