



Visual Guided Sclerotherapy Treatment

Initial Surface Treatments:

On average, most patients need at least **2-4 visual guided sclerotherapy treatment** sessions, depending on severity and treatment goals.

- Visits are scheduled 3 to 4 weeks apart, however can be longer intervals based on the individual.
- Re-assessing treatment response to determine follow-up appointments or sessions is important.
- “New” veins may be noticed that were present slightly below the surface by the next visit.
- Immediately after your surface sclerotherapy session, itching and “bug bite” look can be present for the first evening.
- Compression stockings of at least a pressure of 20-30 mmHg is recommended for any discomfort for several days following lower extremity sclerotherapy sessions.
- Avoid long flights and car trips (over 3 hours) for at least **48 hours**.
- > If unavoidable, walking breaks for at least 10 minutes every hour is strongly recommended.
- Avoid hot tubs, saunas, “hot yoga”, and soaking for **3 days**.
- Avoid intense exercise for **48 hours**. Walking, light elliptical, yoga, and pilates are all encouraged forms of exercise post sclerotherapy session.
- Bruising/post treatment discoloration can last multiple weeks depending on the individual.
- **ARNICA** is sold over the counter and in the office and can reduce inflammation and looks of bruising (topical applied **up to 3 times** daily).
- Ice can be applied to areas of tenderness if needed.
- NSAIDs can be taken, as tolerated, for tenderness after sessions.
- Special note for hand/facial sclerotherapy patients: Bruising and low-grade inflammation are common and self-limited shortly after treatment. Arnica and ice-packs can also help minimize this process.

Maintenance Phase:

You will likely get new spider veins. Venous disease, even when limited to spider veins, is chronic and based on multiple factors, including genetics, hormonal status, and occupation. After completion of initial treatments, you may need **follow-up every 12 to 24 months** for additional sessions. If there has been significant changes in interval health status (including a pregnancy or addition of any hormone-based medications), an ultrasound re-evaluation may be indicated (for lower extremity surface sclerotherapy patients).

Remember: The Center for Varicose Veins Provider may be reached at **203.762.6365**