

SCLEROTHERAPY

Post Treatment Care Instructions

Avoid contact sports and strenuous activity including aerobics, running, jogging, and weight lifting for the first 72 hours. Walking is encouraged. A 30 minute moderately paced walk may be substituted for your usual workout. Avoid sitting or standing for long periods of time. You may return to your full exercise routine three to five days after your treatment. Wear compression stockings while working out for at least two weeks.

Avoid direct sun exposure as this may cause staining/pigmentation at the treated area. A sun block of SPF 30-45 must be used if sun exposure is likely. Avoid hot baths or saunas for 48 hours.

Medium weight thigh high compression support hose are recommended for day-time wear during the 2 weeks following treatment. These can be purchased through footsmart.com, Lynch's pharmacy in Newburyport, or any other medical supply pharmacy.

How soon will the vessels disappear?

The vessels will either lighten or completely disappear over a 4 to 6 week period. The treatment does not prevent new vessels from appearing. It only treats vessels that have been injected.

How many treatments are necessary?

The number of treatments required varies with the size and depth of each vein. For maximum long-term resolution, multiple treatments may be necessary. The average treatment sessions are 3 to 6 treatments.

How often should I receive treatments?

Treatments are completed in 4 to 6 week intervals. Retreatment is done only if vessels have not lightened significantly after one to two months.