

## INSTRUCTIONS POST SCLEROTHERAPY INJECTIONS

1. Maintain some level of activity. This should consist of mild to moderate walking. Standing and keeping the legs down with no movement should be avoided for 24 hours.
2. Do not powerwalk or run. Vigorous exercise and "aerobics" should be avoided for 48-72 hours. No hot tubs for 2 weeks.
3. If redness or pain is noted in an area one should:
  - a. Use ice, not heat if it feels better.
  - b. Take an anti-inflammatory agent, i.e. Motrin, Advil or Ibuprofen twice or three times a day. Aspirin should be avoided. Prior to any treatment aspirin and vitamin E should be avoided for 5 days.

This is not an infection and does not require antibiotics. If there are any questions please call our office.

4. Possible Side Effects include:

**Itching-** you may experience mild itching. The itching normally lasts 1-2 hours but may persist for 1-2 days. Avoid scratching.

**Transient Hyperpigmentation-** Approximately 10% of patients who undergo sclerotherapy notice a discoloration (light brown) over veins injected. In almost every case, the veins become darker immediately after the procedure. In rare instances this darkening may persist for 4-12 months. There are several measures available to decrease this possibility- please inquire from our staff.

**Sloughing-** Sloughing is a small ulceration (sore) at the injection site that heals slowly over 1-2 months. This occurs in less than 1% of patients who undergo sclerotherapy. A blister may form, open and become ulcerated. The scars that form should return to a normal color. This usually represents injection onto or near a small artery and is not preventable.

**Pain-** Some patients may feel moderate to severe pain and some bruising usually at the injection site. The veins may be tender to touch after treatment, and an uncomfortable sensation may run along the vein route. This pain is usually temporary and in most cases lasts at most 7 days. Take Tylenol or Advil as needed.

**Ankle Swelling-** Ankle swelling may occur after treatment of blood vessels in the foot or ankle. It usually resolves in a few days and is lessened by wearing the prescribed support stocking. If there is leg swelling or deep leg pain, call the office.

**We are available to you, our patients 24 hours a day, 7 days a week.**

**321-304-0401 or 321-208-7264**

R. Michael Stevens, M.D