

Sclerotherapy Vein Injection Instruction

2 DAYS BEFORE TREATMENT:

- Stop vitamin E or iron supplement 2 days before and continue cessation until all bruising has resolved after-treatment course. These products increase likelihood of pigmentation/ staining from bruised area. Tetracycline/ doxycycline can also increase pigmentation/ staining risk.
- You may continue aspirin or ibuprofen use before and after treatment.

MORNING OF TREATMENT:

- **Do not apply lotion to your legs the morning of your injections** you may resume lotion day after treatment.
- Minimize caffeine intake in the morning or just before your treatment session. Caffeine may make you more sensitive during treatment.
- Wear loose clothing, slacks, or a long skirt to your injection session. Some patients prefer to bring their own shorts for treatment use.
- Do not wear sandals with thongs as it will interfere with the compression hose after treatment.
- **Bring your compression stocking hose to your appointment. You may purchase them at our office on treatment day if needed.**

AFTER TREATMENT:

- Dr Lee will cover your treatment areas with gauze and paper tape. You will pull your compression hose over the gauze and remove the gauze/ tape the next morning and then take warm, but not hot shower. You do not have to reapply the gauze / tape after they are removed.
- **You should walk 15-20 minutes after injection. One of the most important parts of your treatment is the POST-INJECTION COMPRESSION.** You need to wear your medical compression support hose for minimally **3 days**. For the large varicose bulging veins, it may help to wear them slightly longer duration (1-2 weeks). You **Do Not** have to sleep in them.
- Most normal activities may be resumed immediately after injections with your medical support hose in place such as walking and driving. However, strenuous activity such as aerobic exercise and weight-lifting should be avoided for 2 days. Avoid hot baths, saunas, steam rooms, or whirlpool tubs for 1 week. Please wait 5-7 days prior to swimming or until all injection sites are healed to avoid infection.
- **During the bruising stage, avoid iron, vitamin E, and UV exposure (direct sun or tanning bed). If you are going to be in the sun, be sure to use sunscreen (SPF 30 or higher) on any bruised and/or pigmented areas.** You may use sunless tanning lotion or self-tanner to provide tan coverage if desired. **Please avoid tanning bed while bruised as it will worsen pigmentation/ discoloration.** Dr Lee may prescribe bleaching cream for more prolonged pigmentation to aid their resolution. Your cooperation with all above will shorten healing time and lessen potential pigmentation/ staining.
- Bruising, knots, and discoloration at the treatment area may occur after injections; these will resolve with time (several weeks to a few months). They are caused by blood becoming trapped inside the vein as it is closing. These knots or trapped blood in the superficially treated veins are not dangerous and they do not migrate. Your body will absorb the trapped blood over several weeks. If these knots persist after a month and are sensitive, we may schedule a follow-up visit (at no charge) to remove (aspirate) any knots. The knots cannot be aspirated sooner than one month because the clots need time to melt from solid to liquid form in order to be drawn out.

If you experience pain, lumps, and/or redness after the first 5-10 days, please call us to advise treatment. We may advise you to extend the use of compression for few more days and to take an anti-inflammatory medication such as ibuprofen or Advil. The usual dose of Advil or ibuprofen is 400 mg every 8 hours with food.

Notify physician immediately if you have shortness of breath, chest pain, severe leg pain/swelling, open wound, discoloration to your leg away from injection area.

REMEMBER: Treated veins **always** look worse before they look better, from the irritation and possibly bruising. The veins will lighten gradually and good results are apparent after 2-3 sessions and after resolution of any bruising. Therefore, we recommend planning the treatments long before an important event or beach trip.

Do not expect results after the first treatment. Most people will require 2-3 sessions to the same treatment area scheduled several weeks apart. Extensive dark veins may require more than 3 treatment sessions.

During the week (Mon-Fri) you may call the office at (501) 224-0880 or you may email medical@drmimilee.com if you have any questions. For emergency after hours, Dr. Lee can be reached at (501) 258-2204