

SOUTHLAKE VEIN CARE

J. ANDREW SKIENDZIELEWSKI, DO

Post Operative Instructions: **Cosmetic Sclerotherapy**

- Wear the compression stocking on the treated leg as follows:
 - Day 1: The rest of today and overnight tonight.
 - Days 2-4: During the day.
 - After day 4: As needed.
- The treated leg should not get wet on the day of the procedure. Avoid extreme heat while bathing for 4 days following treatment.
- Most discomfort can be relieved by over-the-counter Naproxen (Aleve) or acetaminophen (Tylenol).
- Some blood may get trapped in the treated veins. In that case, the vessels may initially appear more prominent, with firm lumps. These vessels will eventually get smaller with time. Call us if the lumps are problematic, as some of that trapped blood can easily be drained in the office.
- Common post-procedure findings include bruising, inflammation, tenderness, tingling and darkening of the skin along the path of injected veins. These typically improve with time. Arnica gel, available for purchase in our office, can promote healing and improve appearance of temporary skin changes, such as discoloration and bruising.
- Avoid direct sun exposure during the healing process (two weeks). For best results, wear sunscreen (30 SPF or higher) on the treated areas for the first 2-3 months after our procedures or until the bruising heals. Spray on tanners or lotions can be used starting 4 days after treatment.
- No swimming in lakes or pools for 4 days.
- Avoid heavy lifting (nothing over 20 lbs) and strenuous exercise (aerobics, weight training, running on pavement, etc.) for 4 days.
- We recommend low impact exercise, such as walking, for 10-15 minutes, 2-3 times per day in the days following your procedure.
- You may return to your normal activities after 4 days.
- Call us if you notice increasing redness around an incision, increasing swelling, uncontrolled pain or bleeding.