

## POST SCLEROTHERAPY INSTRUCTIONS

Now that your first treatment is complete, we recommend that you wear your support hose for 24 hours, day and night. After this, wear them for 3 days taking them off at night. You can never wear them too much.

Significant bruising may occur, especially after the first treatment. Do not be alarmed as this is a normal process.

You may experience slight discomfort such as aching or throbbing for the first day or two after your initial treatment. Walking will help to dissipate this sensation. If discomfort continues, Ibuprofen may be taken with food. The vessels may appear to turn dark in color and/or be slightly tender. This could be an entrapment of blood in the closed vessels, a normal response to the procedure, and will be evacuated at the time of the next treatment session. If this area of entrapped blood becomes very tender, please call us.

You may apply cream or lotion to your legs the evening of your treatment. Hot tubs, saunas and long hot baths are not recommended for 1 week following treatment, as the warmth causes the veins to dilate.

Exercise is an important part of the healing process. A 20 minute walk or bike ride once or twice a day is best for the healing process. If you are already involved in an exercise program, we encourage you to continue. The only exercises to avoid are leg exercises with weights and high impact aerobics. These activities should be avoided for 7 days.

Sun exposure is NOT recommended for 10 days after your treatment. Sunburn on areas that have recently been treated could result in skin damage.

It is important to remember that it has taken years for these veins to develop, and they will not disappear overnight. Around the same time that your bruising resolves (10 days - 2 weeks), you will also begin to see the fading and lightening of your spider veins. Please be patient and allow time for healing to occur.

Call the office at 406-237-8346 or after hours at 406-697-7714 with any questions you may have about your treatment or how your legs are feeling.