

SCLEROTHERAPY AFTERCARE

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The following aftercare advice is essential to help reduce the risk of treatment complications, to improve your comfort/healing and to help achieve the best possible results from treatment. Please follow the aftercare advice for sclerotherapy.

WHAT TO EXPECT

What to Expect: • Some visibility of spider veins will be reduced, but every patient (and every vein) responds uniquely to treatment, so results cannot be guaranteed and it is common for multiple treatments to be needed. • Some veins may disappear initially after treatment, then recur, especially if compression instructions are not followed diligently. • Redness, itching, and irritation may develop as a reaction to tape, bandages, or compression stockings. • Bruising or tenderness may occur, but it is generally mild and temporary. • Treatments may leave a residual brownish pigmentation. This is not uncommon, usually temporary, and generally resolves over weeks to months.

AFTERCARE ADVICE

Aftercare advice:

- Immediately after the treatment, you will be required to put on support stockings or bandages and walk for 10-30 minutes.
- Walk at least one hour a day.
- Avoid hot baths for two weeks. Cool your legs with cold water after each shower.
- Avoid strenuous physical activities such as high impact aerobics or weightlifting, running, and high-impact aerobics for one week after treatment.
- Avoid heat on your legs, such as hot baths, sunbeds and sunbathing, for at least two weeks. Heat causes blood vessels to dilate.
- For discomfort take over-the-counter paracetamol regularly if required.
- Maintain normal activities.
- Avoid standing for long periods of time.
- Wear support stockings as instructed for at least two weeks after treatment. After healing, use them for long trips or when your legs ache.
- Wear compression stockings daily for at least 1-2 weeks. They should be removed only to shower.
- Avoid salty food and drink plenty of water for 2-3 days. Reduce alcohol and caffeine intake for the 2-3 days.
- Your practitioner will advise you when your follow up appointments are needed. If you are advised to attend a follow up appointment, please do make every effort to attend them. You should do this even if you believe that the recovery process is going well and you cannot see that there are any visible complications.

WHEN TO CALL THE DOCTOR

When to Call the Doctor: • Superficial inflammation (phlebitis) may occur, with tenderness and firmness. This typically resolves with treatment, but in some cases can be long-lasting. • If any bleeding is not controlled with 20 minutes of firm, constant pressure you must seek medical attention. • If you develop signs or symptoms of cellulitis (skin infection), including hot, red, shiny skin, pus formation, feeling generally unwell or feverish. • If you experience any severe pain following treatment. • Contact your practitioner as soon as possible if you experience any other unwanted side effects following treatment.

PATIENT CONFIRMATION

It is essential that you have read all of the information available. Once you have read and understood all of the below, please sign the declaration at the bottom of this form. Please do let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

- I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.