



PRE & POST INFORMATION - SCLEROTHERAPY

BEFORE YOUR APPOINTMENT

- For your comfort, please bring a pair of loose-fitting shorts with you to each visit to wear during the treatment, we do have disposable exam shorts available if you need some.
- Do not wear any lotions or other cosmetics on your legs on the day of your appointment.
- Do not shave your legs the morning of your appointment.
- Do not tan or use bottled tanning lotions 2 weeks before or after your treatment.

POST APPOINTMENT INFORMATION

- Maintain normal daytime activities, including walking regularly. This reduces the pressure in the veins and may alleviate an aching feeling in the legs. Avoid strenuous, impactful physical activity for the first 7-10 days after treatment, this includes running. No weights with legs for two weeks.
- Avoid standing for prolonged periods of time for two weeks after treatment, because of pressure on the lower leg veins.
- You may have bruises and red raised bumps at the injection site. Depending on how you heal, these bruises and bumps should go away in 5-14 days, but some patients have taken longer for symptoms to fade. Arnica Montana Homeopathic Remedy SINECCH™ is available for purchase at Rejuvenations. One package of SINECCH™ contains 4 capsules and is designed to treat minor bruising and swelling associated with minor procedures. The capsules are taken every 6 hours for 24 hours, starting at the time of the procedure. Soothing Aloe Vera Gel or Tea Tree Cream may be applied afterwards.
- Compression hose (Spanx, Strong Support Hose, etc...) should be worn constantly for the first 48 hours after the procedure, this includes sleeping in them (only remove for showering during the first 48 hours). This aids in the compression of the vein and is essential to obtaining a good result. For best results, continue wearing for two weeks of compression, except for when showering and overnight. (Non-prescription) Compression hose are available for

purchase at many retailers such as Amazon or your local Walmart, Walgreens, CVS, or most local pharmacies. We do have a limited offering of compression hose available for purchase at Rejuvenations.

- You may experience mild itching along the vein route. This itching can occur immediately after treatment and can be intermittent for 1-2 days.
- Pain: Few patients experience any pain after treatment. At times, the bruises or swelling can be tender to the touch. However, this all resolves in a few days. You may take either Motrin or Aleve (according to package recommended dosage) to help with any discomfort. If pain persists, please call our office. Avoid alcohol and aspirin 48 hours after treatment.
- Hyper-pigmentation: A low percentage of patients, more commonly with people with darker skin tones, might notice a discoloration of light brown markings where the veins once were.
- Ulceration: These are extremely rare and occur 1/10,000 – 1/15,000 injections. They are typically less than a centimeter in size and look like a cigarette burn. They can occur when some of the solution escapes into the surrounding skin or enters a tiny artery at the treatment site. These can be successfully treated. Apply polysporin.
- Allergic Reactions: As with any medication, one can be allergic to the sclerosing agent. Severe reactions are extremely rare but do need to be treated immediately.
- Hot showers, spas, swimming, tanning beds and sun exposure should be avoided for two weeks post treatment.
- Apply polysporin to any area where blister or tissue starts to slough off.
- Flying should be avoided for two days post procedure.

BE PATIENT WITH YOUR BODY

Spider veins take an average of 3-5 treatments spaced at least 4 weeks apart. The number of treatments may vary depending on your situation. Your veins will look worse before they look better. Discoloration varies from patient to patient and may take weeks to months to fade completely depending on your body's ability to reabsorb the iron in treated vessels.

EMERGENCY DIRECTIONS

During our normal workday - Please call the office at 781-1201 if you experience severe pain, swelling or severe bruising.

Weekends/After Hours - If this is after 5pm or over the weekend, please call Jill Libbey, CRNA at 803-466-3933 or email our Managing Owner Amy Powers at amy@rejuvenationsmedicalspa.com they will be in touch with you upon receipt. You can also call 803-781-1201 and use option 2 to leave a message for Amy Powers, Managing Owner – and an automatic transcribed message will be sent to her immediately. She will be in touch with you upon receipt.