

## About the Treatment

The treatment consists of a series of injections, followed by the application of stockings and possibly a compression wrap. The sclerosing solutions have been developed exclusively for this treatment. It is a very safe, successful treatment; however the response following the injections should be understood. Typically the injected areas may be sensitive and swell slightly. The area may look black and blue, or bruised. The small vessels may change color. This discoloration is normal. It will disappear as the healing process takes place. None of this should cause alarm.

On larger vessels, some lumps may form along the treated veins. You may have some redness, and tenderness along the vein route. This response to the injections is normal. Eventually the vein will disappear, but you may be able to feel it with your hand. Again, this is normal and your body will reabsorb this in time. Many patients go through the treatment with almost none of these reactions at all. As stated, these responses to treatment are not serious, harmful or dangerous and are only temporary in duration. It is important to remember that it has often taken years for these veins to develop and they will not disappear overnight. Be patient and allow time for healing to occur.

## Prior to Treatment

- ☼ Eat a light meal before treatment, not just coffee. Strenuous dieting should be moderated during treatment.
- ☼ Bring a pair of shorts to change into for your treatment. Shorts should be of a loose-fitting style.
- ☼ Do not shave your legs the day of treatment. No lotions or oils should be applied the day of treatment.
- ☼ We will fit you with compression stockings or support hose at the time of your treatment. Always bring them with you to the office for every appointment.

## During and After Treatment

- ☼ Exercise is a must for proper treatment effectiveness. Walk 20 to 30 minutes daily. This aids in your treatment plan and healing abilities. There is no need to modify your normal activity. Patients can return to work immediately.
- ☼ Hot tubs, saunas, and leg massages are not recommended during treatment. Bathe using warm, not hot water. Showers are better than tub baths.
- ☼ Direct sun exposure to the treated leg(s) is not recommended for 2 weeks. For sustained outdoor activities, sunscreen is recommended.
- ☼ The stocking(s) must be worn every day for a minimum of 7 days. It may be removed while sleeping, bathing, or swimming.
- ☼ If your legs are uncomfortable after treatment, walking will help. A mild analgesic may also be taken if necessary. Aspirin, Tylenol, Advil, etc, or whatever you usually take for mild aches and pains is appropriate.

As with any medical treatment, you should follow the physician's instructions completely to achieve the best results. If any questions arise, please call this office at anytime, 845-294-8142.