

You're So Vein Aesthetic Center

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PRE AND POST INSTRUCTIONS FOR SCLEROTHERAPY PLEASE READ THE INSTRUCTIONS OVER CAREFULLY

Pre-procedure:

- 1) Stay well hydrated. It makes it easier to see your veins. Be sure to eat and drink something before the procedure to avoid becoming lightheaded. Avoid large amounts of caffeine prior to the procedure.
- 2) If it's OK with your doctor, don't take any aspirin 1 day prior to treatment. You can resume it 1 day after treatment.
- 3) Sclerotherapy CANNOT be performed if you are taking Tamoxifen due to increased risks of developing blood clots and thrombophlebitis. Please let us know if you are taking blood thinners such as Coumadin, heparin, Xarelto, Pradaxa, Eliquis, or any other drugs in that class.
- 4) Bring loose fitting shorts or a skirt with you for the procedure.
- 5) If you are pregnant or planning on becoming pregnant, please let us know. Sclerotherapy is more effective post pregnancy.
- 6) You must have 20-30mmHg compression stockings to wear immediately after treatment. You can bring your own or purchase them through our office. We will not bill insurance for them, but we can give you all of the information and you can submit the bill for reimbursement.

Post-procedure:

- 1) Wear your compression hose for 14 days total: Wear them day and night for the first 48 hours after treatment (you may take them off briefly to shower) and then wear your hose during the day for the next 12 days from when you get up to when you go to bed. You can never wear them too much!
- 2) Walk for 15 minutes immediately following the injections and walk for at least 30 minutes every day for one to two weeks after your treatment.
- 3) Avoid exercise that increases abdominal pressure for one week like leg lifts and abdominal exercises. Avoid standing for long periods of time.
- 4) Avoid strenuous activities like jogging or aerobics for one week.
- 5) Avoid hot tub and hot baths for two weeks.

- 6) Unprotected sun exposure is not recommended for 1 month after your treatment. It can cause hyper-pigmentation (darkening of the skin). Wear protective clothing and if you must expose treated areas to the sun, wear sunscreen with an SPF of at least 30.
- 7) After sclerotherapy, please do not travel by air for the next 2 weeks unless it's a short flight and you wear your stockings. If you are planning a long car trip, stop every few hours to get out stretch and walk around and make sure you are wearing your stockings.

Common Side Effects:

- 1) *Itching:* You may experience mild itching around the treated areas. Itching normally lasts 1-2 hours, but may persist for several days. You can take an over the counter anti-histamine like benadryl or Zyrtec if needed. Over the counter topical anesthetics may also help.
- 2) *Bruising and Redness:* This is normal and typically takes several weeks to resolve. Arnica Cream is an OTC cream that helps with bruising and inflammation. Please allow 3 days before applying the cream to treated areas. You can buy it in the organic section of most grocery stores.
- 3) *Pain:* After sclerotherapy pain is usually minimal and typically resolves in 1-2 days. Cool compresses may help a few days after treatment, then it is recommended to use warm and moist heat packs. If you are experiencing discomfort, you may take Tylenol or ibuprofen for relief. If you experience extensive pain, redness or swelling, bleeding, fever, or shortness of breath, call the office immediately or go to the nearest emergency room.
- 4) Occasionally, after treating larger vessels, a "knot" that is firm and tender may develop. The treated veins may also look darker. This is normal and usually resolves within a month or so, however, it is important to follow up with us in 3-4 weeks, so we can assess the treatment outcome. Occasionally we may need to aspirate the treated vein to help with the firmness, tenderness and discoloration.

It is important to remember that your treated veins will not disappear overnight. Around the same time that your bruising resolves (approximately 10 - 14 days), you will also begin to see lightening of your veins. Please be patient and allow time for healing to occur. It usually takes 4-12 weeks for optimal resolution of the treated veins, especially if larger veins were treated. Often the yellow brown pigmentation that occurs in the treated areas can take several months to fade. Please email me at info@ysvein.com with any questions or concerns that you have about your treatment or how your legs are feeling. We would like to see you for a no charge follow up visit in 2-3 weeks.

The majority of people who have sclerotherapy will see improvement. Unfortunately, it is not guaranteed to be effective in every case and results can vary from person to person. Remember , it may also take 1-4 treatments to achieve optimal results. Approximately 10% of veins do not disappear after 6 treatments. You can expect resolution of 50% - 90% of your veins with multiple treatments. Treated areas should not be re-injected for 6-8 weeks following sclerotherapy to allow for complete healing.

*Thank you,
David Deitz MD
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