



Minimally Invasive
Procedure Specialists

POST-PROCEDURE INSTRUCTIONS

Foam Sclerotherapy

Now that today's foam sclerotherapy treatment is complete, we recommend that you wear your support hose day and night (overnight) for the first two days. After that you may take them off at night for the remainder of the two weeks, wearing them only during the day. You can never wear them too much.

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, Advil, Nuprin, or 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 expressed at the time of your follow-up visit.

Bruising may occur especially after the first treatment. Do not be alarmed. This is a normal process.

Avoid

- Hot tubs, saunas and long hot baths are not recommended for two (2) weeks following treatment.
- Postpone shaving for two days.
- Sun exposure is not recommended for 10 days after your treatment. Areas that have been treated will be tender and more likely to burn.
- Avoid high impact aerobics for two (2) weeks.

Permitted

- You may apply lotions as desired.

- 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.

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

Always bring your compression hose to your appointments. Bring shorts to wear during your treatment.

Have Questions?

Call the office 303-805-7477 with any questions or concerns that you may have regarding your treatment.