

Sclerotherapy Thread Vein Removal Aftercare

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.

It is essential that you read all of the information provided. If you do not understand any of this information, please ask us.

What to Expect

- Some visibility of spider veins will be reduced after treatment, but every person (and every vein) responds uniquely to treatment. 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

- Immediately after the treatment, you will be required to put on support stockings or bandages and walk for 10-30 minutes.
- Maintain normal activities.
- Walk at least one hour a day.
- Avoid standing for long periods of time.
- After healing, use them for long trips or when your legs ache.
- Avoid strenuous physical activities such as high impact aerobics or weightlifting, running, and high-impact aerobics for one week after treatment.
- Wear compression stockings daily for at least 1-2 weeks. They should be removed only to shower.
- Avoid heat on your legs, such as hot baths, sunbeds and sunbathing, for at least two weeks. Heat causes blood vessels to dilate. Cool your legs with cold water after each shower.
- Avoid salty food and drink plenty of water for 2-3 days.
- Reduce alcohol and caffeine intake for the 2-3 days.
- For discomfort take over-the-counter paracetamol regularly if required.

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

- 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.

I hope you have found your treatment beneficial and would really appreciate it if you would follow me on [Facebook](#) or [Instagram](#) at [@Aesthetic/JE](#) and review your experience. Thank you.