

PORTLAND SURGICAL ASSOCIATES

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Post Treatment Instructions Spider Vein Ablation / Sclerotherapy

General

You must wear compression stockings for 24 hours after your procedure, including overnight. Then the compression hose must be worn during the day for the next three to five days.

Avoid direct sun exposure; this may cause skin staining at the treated area. A sun block of SPF 30-45 must be used if sun exposure is likely.

Showering is allowed, but hot tubs, hot baths and saunas must be avoided for at least 48 hours.

Walking is encouraged! Walk at least 10-15 minutes every hour. Avoid sitting or standing for long periods of time. Avoid high impact aerobics, jogging, running or weight lifting for 3-5 days.

If you have any questions or concerns call 207-878-3177.

For Sclerotherapy Sites

The veins will look worse before they look better.

Some **bruising** is expected. The bruising may mild to large dark purple areas occurring soon or weeks after treatment.

Inflammation in the vein may result in a red streak or red blotches on your leg. This **phlebitis** is normal but not always visible. The redness usually resolves within 12-24 hours. An ice pack and acetaminophen (Tylenol) or ibuprofen as needed. In the event of a scab, do not pick or remove, but use an over the counter antibiotic ointment or 1% hydrocortisone.

Trapped blood within the treated vein is to be expected. The area will feel hard, lumpy and tender.

Brownish discoloration may occur after injections. Although transient this may last for several months. Avoid direct sunlight and use an SPF 30-45 sun block.

Tightness, cramping or aching in the treated leg may last for several hours to several days after treatment. These symptoms may be relieved by walking and using compression stockings. If the symptoms persist or worsen over time call the office **207-878-3177**.

Laser Sites

Use cold compresses to ease temporary discomfort.

If burning occurs you may apply Aloe Vera gel as needed.

If blistering occurs, keep the area clean with soap and water and apply antibiotic ointment daily and call the office for an appointment **207-878-3177**.

Sun exposure should be avoided for several days following the treatment week.