

Ultrasound Guided Sclerotherapy

Vein Treatment After Care Sheet

Support hose that are 20-30 mm Hg in strength are to be worn continuously for 48 hours after treatment and then during the day **ONLY** for 5 more days (total of 7 days). This will help achieve better results and prevent potential side effects. They can be removed for shower or bathing only. Resume normal, daily activity, except to avoid strenuous physical activity (high impact aerobics, weightlifting, running, etc.) for 1-2 days. It can be helpful to walk around for 30 minutes within the first 1-2 hours after treatment, because of improved circulation. Please avoid hot baths and hot tub use for this first week.

The following is a list of **NORMAL** reactions after ultrasound-guided sclerotherapy:

Bruising - this may occur at the injection sites and along the length of the treated vein. This usually lasts 1-2 weeks.

Leg soreness or muscle cramping – This can occur immediately after treatment and may last a few days. Motrin (over-the-counter) can be taken for this discomfort if it becomes a significant problem.

Itching – Itching at the injection sites can rarely occur and can be relieved by Benadryl (over-the-counter) by mouth or topical hydrocortisone ointment (over-the-counter). Try not to scratch or pick at these areas as they heal.

Swelling – This occasionally occurs in patients who received treatment of ankle veins and will resolve in 1-2 weeks.

Tender lumps or knots – These occur commonly with ultrasound-guided sclerotherapy and is a normal response. As the vein collapses, it may have trapped blood within it. **This may not occur for up to 4 weeks after treatment** and last a few months. If the tenderness is significant we can relieve the discomfort by a simple in-office procedure in which the trapped blood is drained with a small needle. If you think you have developed these and are quite painful despite using Motrin, please call the office.

- The results from ultrasound guided sclerotherapy vein treatment are seen after **2-4 treatments and may not be immediately noticeable**.
- If you think you are having a reaction other than what is listed here, or have any other concerns, please call us as soon as possible at **716-632-5200**.
- Remember that each vein treatment sessions leads to a progressive reduction in the number size, and extent of your veins. As discussed at your consultation, multiple sessions are required to see the maximum results.