

POST VARITHENA AND SCLEROTHERAPY INSTRUCTIONS

1. **Wear compression stockings for 7-10 days following injections with the doctor and 3-4 days following treatment with the nurse.** Compression stockings are vital to treatment success, aid in shrinkage of the treated veins, improve blood circulation and lessen the risk of blood clots to the leg.
2. **Exercise/Activity Restrictions and Recommendations:**
 - **Avoid strenuous exercise** such as running and leg weight training for 7 days after injections with the doctor and 2-3 days after injections with the nurse.
 - **15-20 minutes of walking daily is recommended.** Other mild exercise (bicycling, swimming, elliptical trainer, yoga, etc.) is also fine the first week following injections.
 - Wear your compression stockings during activity if possible. Gradually increase your activity as your post-treatment soreness fades.
3. **Pain control:** We recommend Tylenol (acetaminophen) for any discomfort during the first 2-3 days after treatment. If you feel anti-inflammatories are necessary, please call the office to consult with the physician. Cold packs applied to any tender areas will also help with pain.
4. **Bathing:** Please keep the leg dry the day of treatment. Avoid soaking in hot baths or hot-tubs 1 week after treatment. Showers are fine starting the day after treatment.
5. **Avoid sun exposure** and wear SPF 30 sunscreen on treated areas until all bruising has healed. Exposure to UV rays (from the sun or tanning booths) increases the risk of hyperpigmentation (brownish staining) to treated areas.
6. **DO NOT FLY for 72 hours after treatment. FLYING WITHIN THE FIRST 72 HOURS AFTER TREATMENT GREATLY INCREASES THE RISK FOR THE DEVELOPMENT OF BLOOD CLOTS.** Long-distance car travel (greater than 3 hours) is also discouraged during this time period. When taking long car trips during this time period, we encourage more frequent stops to walk.

What to expect after treatment

- **Inflammation, swelling and bruising.** Mild to large, dark purple areas are common. Temporary swelling of the leg can occur. You may notice mild to significant ankle/calf swelling which may worsen as the day progresses. Inflammation may extend into the skin, causing large red “blotches” that are mildly painful. Apply a cool pack and use ibuprofen as needed. The redness usually resolves within 12 to 48 hours.
- **Mild to moderate pain.** Your legs will feel “tight” and you may feel cramping or aching. Please use Tylenol (acetaminophen) for discomfort.
- **Flu-like symptoms** may develop. Muscle aches, chills, fever and nausea may occur. This may last 4 – 48 hours and should be treated with Tylenol and drinking more liquids.
- **Lumps and dark lines.** This is a common side effect we call **trapped blood** and results from old blood retained in the veins after they close. The area may feel hard and lumpy and it can be tender to touch. It may also appear as a vein that looks darker after treatment. Mild cases will resolve on their own without treatment. Larger areas of trapped blood can be treated if symptomatic, interfering with vein closure or to reduce the risk of hyperpigmentation.

Please call us if you have any problem different than above or severe symptoms! We are always on call. Phone 847-468-9900 (Elgin) or 847-550-4984 (Lake Zurich). After office hours, you will have the option of reaching the doctor if you have an urgent medical concern. Please talk to us before calling your family doctor or going to an emergency room. If you do go to the hospital, let the staff know that you are in treatment with us.

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