

Sclerotherapy - Varicose vein injection instructions

Before the treatment session

- Avoid medications or nutritional supplements such as aspirin, analgesics, blood thinners, or any anti-inflammatory drugs.
- Tell the doctor if you smoke and / or take birth control pills as they increase the possibility of blood clotting.
- Avoid shaving or applying any creams to the legs area 24 hours before the treatment session.
- Wear loose-fitting clothing to the session, as many cotton pads will be placed on the injection sites before returning home - it is preferable to bring shorts to be worn during the session.

After the treatment session

- Avoid Aspirin, Brufen, Voltaren and other non steroidal anti-inflammatory drugs
- Paracetamol analgesics (Panadol, Panda, Tylenol) can be used to relieve pain when needed.
- All cotton pads can be removed the next morning
- Compression bandages should be worn daily for at least 7 days, and in some cases they should be worn for 3 weeks or more
- Take off the bandages during sleep or bathing
- During the wearing of compression bandages, strenuous activity should be avoided.
- During treatment, if you feel any pain or swelling in the leg area, wear compression bandages.
- Daily walking is very beneficial and speeds up the healing process. This physical activity helps relieve pain and maintains a good blood circulation cycle
- During the emptying of the veins in the legs through the muscular effort when walking. Wearing bandages reduces discomfort

Contraindications to injection: the presence of thrombosis in the legs, whether in the previous period or currently. Pregnancy and lactation. Using blood thinners.

For 48 hours after the treatment session, you should:

- Avoid hot baths or saunas. You can shower but the temperature should be lower than normal.
- Do not use hot dressings/compresses or any type of heat on the treated area.
- Avoid direct sunlight to the treated area, including tanning under the sun or tanning beds
- Avoid stressful physical activities... but walking is good

What about work ?

- You can resume any of the activities that you are accustomed to before starting treatment, including work immediately. Keep moving and maintain a normal level of activity.

Results

- Studies indicate that using this method to treat leg veins has a 50-80% success rate
- If you undergo treatment for small veins, you will notice good results within 6 weeks. As for the larger veins, you may need several months
- Treated veins do not usually reappear, but new veins can appear.
- The injected area is usually sensitive and subject to swelling a little. The area can turn blue or bluish black. This change in color is very natural and disappears with the progress of the healing process. It does not require anxiety.
- Some of the common things that can happen after the injection; some lumps may form in the large veins, the occurrence of redness and pain in the root of the vein and a feeling of tension in the vessel that was treated. Many patients undergo treatment without exposure to these side effects. These effects are neither serious nor harmful and will disappear after a short time.
- Remember that the blood vessel took several years to aggravate the problem and therefore it will not disappear overnight. Be patient and give the opportunity to heal. These lumps may take 4 weeks to 6 months to disappear
 - ❖ The doctor is usually seen two weeks after the injection, to deal with these complications
 - ❖ Remember to book an appointment at the front desk. Bring shorts or skirts to all appointments