

Post Treatment care of reticular and cosmetic sclerotherapy

After your treatment of medium and small veins today you will be asked to walk in the office for 15 minutes and again for another 15 minutes once you are home.

Compression stockings are a helpful adjunct to therapy. We ask that you bring your compression stockings with you to each appointment and that you wear them at all times except when sleeping for up to three weeks after treatment.

You may continue any customary routine of exercise. We encourage you to walk 20 minutes a day while undergoing treatment.

You may shower normally but do not take a hot soak bath or spend a long time standing in a hot shower. (The heat dilates blood vessels). You may eat anything you like.

You may not fly within 48-hours following treatment because of the rare risk of developing Deep Vein Thrombosis.

We expect some soreness after treatment though the degree will vary. This is normal. We also expect you to be bruised in some areas. Bruises will last about 7 days. You may have some swelling around the ankles lasting several days. There may also be some localized tenderness and firm swelling around veins that were treated - particularly larger varicose veins. For any soreness after treatment you may use Tylenol. Most patients don't require any medication.

You may see some areas of vein that look dark as if a pencil lead were under the skin. These are areas of blood being trapped inside a vein that has been closed down. We may need to remove some of this when we next see you back in the office.

Areas of hyperpigmentation tend to develop in the days and weeks following treatment for which reason we have you avoid laying out in the sun during treatment and for a period of two weeks afterwards. If you are going to have your treated areas exposed to the sun it is wise to apply a sunblock of SPF 30-40.

Please don't apply skin moisturizers before coming into the office. Also, it is best not to shave your legs on the day of vein treatment as the alcohol placed on your legs during treatment will cause stinging. It is fine to shave your legs a days in advance of your appointment. If you need to reschedule an appointment please let us know at least 48 hours in advance.

If you have any problem of which you are uncertain you may call the office (865) 686-0507 Monday-Thursday 8am-6pm. After hours you may reach Dr. Douglass at his home 865-470-2654 or cell phone 865-300-7061.

Patient Name

Date

Patient Signature

Staff Initials