Grace WELLNESS & AESTHETICS

BEFORE & AFTER CARE

# Sclerotherapy

Spider vein treatment

## Before your appointment

- Wear shorts, or loose pants that pull up above the knee. Paper shorts are available if you forget.

## After your appointment

- Wear graduated compression socks for 24 hours (day and night), then during the day for the next 3–7 days.
- Walk for 10–30 minutes right after your treatment, and keep up gentle walking for the next 3 days.
- **For 3 days, avoid:** air or car travel; prolonged sitting or standing; strenuous exercise; hot baths, hot tubs and saunas.

## What's normal

- Bruising, mild redness, swelling, tenderness, itching, temporary darkening of treated veins, and small firm lumps along treated veins. These should resolve within a few weeks.
- Darkening (hyperpigmentation) may take much longer to fade, and some people have permanent staining. In rare cases, ulceration may occur.

## Your next visit

- Multiple treatments may be needed. Follow up in 4–6 weeks for your next treatment.
- New veins sometimes appear in other areas when there is an underlying cause. If that happens, we'll refer you for evaluation of underlying vein disease.

## Call or text us right away if you notice

- Severe or worsening leg pain
- Increasing redness, warmth or swelling
- Skin blistering or ulceration
- Sudden leg swelling

**Seek emergency care for: Shortness of breath or chest pain; Signs of an allergic reaction: hives, facial or throat swelling, difficulty breathing.**