



CLEAR DERMATOLOGY

Sclerotherapy

During the procedure:

A liquid sclerosant (hypertonic saline or polidocanol) will be injected into the superficial spider veins with a very small needle.

What to expect:

- The more spider veins you have, the more injection sites you will need.
- Some patients describe a slight burning sensation as the sclerosant is injected.
- You may have small welts or hives in the areas injected that resolve in a few hours.
- You may have some mild bruising to the areas that resolves in about a week.
- The spider veins do not disappear immediately and may even appear darker for a period of time. Full resolution can take 6-12 weeks, so a second session is not recommended before 8 weeks.

Post-care:

- Most patients have no discomfort after the procedure but some patients have mild muscle cramping; you may use cold packs or Tylenol, if needed.
- No hot baths and/or Jacuzzi for a few days after the procedure.
- No aerobic exercise, jogging or biking for a week
- Walking is good; walk for 10-20 min 3-5 times on the day of the procedure. Continue to walk regularly.
- Wear the tape/wrap dressing for 24 hours after the procedure
- Avoid shaving your legs for 3-4 days after the procedure
- You will get the best results if you wear compression stockings for at least two weeks for as many hours out of the day as possible (you do not have to sleep in them).

Compression Stockings

We recommend that you purchase your stockings ahead of time and bring them with you to your sclerotherapy session. When you are done, you will wear them home!

There are many different brands and styles to choose from. Choose a brand that makes a compression level of 20-30mmHg and choose a style that completely covers the area being treated (ie., pantyhose vs thigh high). You can purchase online at Amazon.com or from the local retailers below.

The Remedy Pharmacy
23811 Hawthorne Blvd.
Torrance, CA 90505
(310) 375-0655

South Bay Home Health Care
1349 El Prado Ave.
Torrance, CA 90501
(310) 618-9555

If you have excessive pain or tenderness in the leg, or any other concerns, please call the office immediately. We are happy to speak with you any time (310) 540-5272.