Windflower
Vein & Vascular

Aftercare Instructions For Ultrasound Guided Sclerotherapy (Echosclerotherapy)

1. **Walk** briskly for 1 hour (can be split up) post treatment and walking daily is encouraged.
2. **Elevate** the treated leg above the level of your heart intermittently for 6 hours over the next 24 hours (not including sleep).
3. **Wear** compression stocking (30-40mmHg) directly after your treatment and continue wearing day and night for the next 48 hours. After the 48 hours you can remove the bandage and continue to wear the stocking during the day for a total of 2 weeks.
4. **Avoid** strenuous activity. No heavy lifting/weight training or abdominal exercises. Includes yoga. No long hot baths or hot tubs for 2 weeks.

What to Expect:

Lumps and bruising may appear along the treated veins. This is normal and during your next visit the nurse may drain these lumps.

Pain and/or tenderness, in your legs can be felt over the next several days/weeks. You can take TYLENOL (acetaminophen) if needed. **Avoid** ADVIL/MOTRIN (IBUPROFEN).

Legs may look worse before they look better. It can take 6-8 weeks to see full results of your treatment. Veins appear darker as they close.

Pigmentation, or staining of the skin where the vein was, is another possible side effect. This is called hemosiderin staining and is a result of iron in the skin. This can take up to a year to resolve, and in rare instances can be permanent.

There is also a risk for secondary telangiectasias (spider veins).

Travel:

If you are planning to travel, wait at least 4 weeks after treatment before flying or long car trips (over 3 hours).

Report any severe pain, generalized leg swelling, or shortness of breath to the clinic at 403-220-9353.