



HOME INSTRUCTIONS FOLLOWING
SURFACE VEIN SCLEROTHERAPY INJECTIONS

- 1. You may experience bruising, tenderness or swelling after a treatment. These are good signs of healing veins undergoing self-destruction. Arnica gel, cream or pills may be used during the treatment process to speed the healing of bruises. You can purchase Arnica over-the-counter at your local pharmacy or drug store.
2. Trapped blood often develops. This occurs when the blood gets caught inside the vein as it heals. This area may feel bumpy and tender to the touch. Having this happen is actually an indication that the injection is causing the desired reaction. If it causes too much discomfort, it can be easily treated in the office at your next follow-up visit.
3. Avoid strenuous exercise for 24 hours after treatment. This includes high impact exercising such as jogging, weight lifting or strenuous biking. No swimming or hot tubs for 3 days. Walking is okay, as are normal daily activities.
4. No ibuprofen or other over-the-counter anti-inflammatory medication for the first 48 hours.
5. Protect your skin from ultraviolet rays by avoiding sunbathing. Stay out of the sun for one week after treatment. When out in the sun, use sunscreen with an SPF 45 or higher. This will decrease the chance of permanent skin staining over the area where your veins have been treated.
6. No hot baths for 24 hours following the treatment. You may, however, take a warm shower.

Call with any questions or problems

Note: As Phlebology is a very specialized practice. To avoid misdiagnosis, please call us FIRST (prior to going to the emergency room or your primary care doctor) with any problems you may have with your leg. If, for some reason, you follow up with another medical provider, please have that physician call us to avoid any confusion.

I have read and received a copy of the care instructions.

Signature: _____ Date: _____

Aesthetic Care Representative: _____ Date: _____

If you should have an after hours emergency please contact Victoria Jacob, Director of Aesthetics at (316) 612-8283 / (316) 617-3997 or Paul Cheatum, M.D. Medical Director at (316) 617-5891.