



## BAY AREA COSMETIC DERMATOLOGY

tel (415) 292-6350 | fax (415) 440-6356 | weloveskin.com

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### PRE & POST CARE FOR SCLEROTHERAPY

[ Leg Vein Injections ]

Sclerotherapy is a procedure designed to decrease the visibility of spider veins commonly found on the legs and occasionally on other areas. The procedure involves the injection of a medication (Asclera) into each of the superficial veins.

#### WHAT TO EXPECT

- The treatment of spider veins of the lower extremities will require more than one series of injections.
- The injections are performed with you lying down. You will feel some slight discomfort from the fine needle sticks, the number of which will be determined by the number of veins requiring treatment. The medicine may cause some mild discomfort during the injections.
- There have been reported rare cases of allergic reactions to the medication. Do not hesitate to tell us if you feel faint or have any discomfort during your treatment.
- The veins will look worse before they look better. By this we mean there is often some bruising and/or increased redness of the treated vessels that will decrease over approximately one month's time. In many cases, there may also be some residual brownish pigmentation that gradually fades over a period of approximately 1 year.
- In rare cases, the skin overlying the vein can be injured resulting in a wound which on healing will leave a small white scar.
- The spider veins may recur or the growth of new veins over time. These will require touch-up injections in the future.

#### POST CARE INSTRUCTIONS

- Avoid prolonged sitting and standing, pounding types of exercise, squatting, and heavy weight lifting after injections. Light exercise, such as walking, is permitted. No sauna or hot tubs.
- No plane travel for 3 days post-treatment.
- Wear our prescription compression stocking options for 2 weeks post treatment, removing them at bedtime and for showering.
- If you experience numbness or discoloration of your toes, call the office and stop wearing the compression stockings.
- If you notice blue-black "dots" on treated areas after treatment, there may be some trapped coagulum in the vessel. Please call the office (415.292.6350) so we can schedule an appointment for it to be removed.

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*If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.*

**Questions or concerns?** Please securely send a direct message to your provider through BACD's online patient portal: [MyPatientVisit](#) or call the office 415-292-6350.