

Sclerotherapy - Hands

What to Expect Before, During and After Your Procedure

Before your procedure:

- If you are taking Coumadin (Warfarin), Plavix (Clopidogrel), Motrin (Ibuprofen), Aleve (Naproxen), Aspirin or other supplements like fish oil, Vitamin E, flax, etc., please let your physician know before your procedure, as these medications can cause bruising.
- DO NOT STOP any prescribed medication unless your primary care doctor approves it.
- Please be aware some medications must be stopped 1-2 weeks before the procedure to minimize bleeding or bruising.

During your procedure:

- 1-4 injections will be administered on each hand.
- The treated hand is wrapped in an ace bandage for 24 hours. We suggest treating your hands a day apart so they are both not wrapped up at the same time.

After your procedure:

- Tenderness, soreness, itching and mild discomfort may be experienced for a few days.
- Once you remove the bandage, your veins will look worse. It takes the body some time to reabsorb the treated veins, usually about 4-8 weeks until they are no longer visible.
- Bruising, tenderness, soreness, hardening and darkening of the veins is normal.
- Two weeks after your treatment you may notice a coagulum (a small collection of blood that is trapped within the vein but is NOT a blood clot). The coagulum may be tender and sore. We advise that you come into the office and have your physician drain the coagulum. Draining the coagulum will help relieve tenderness and soreness.
- Ibuprofen can be taken to help relieve inflammation.
- On average, it can take 8-12 weeks to notice full improvement. Sometimes patients may need additional treatment depending on how extensive the veins are. If so, we recommend that you wait 2-3 months before retreating the same hand.
- Follow any additional specific post treatment instructions from your physician.
- Follow up with your physician in _____ weeks/months, or as needed.

All of these symptoms are temporary and will subside naturally over time. If your symptoms worsen over time, please contact our office at (858) 657-1002.