

Sclerotherapy – Hands

What to expect before, during and after your procedure

Before Your Procedure:

- If any blood thinners (such as Ibuprofen, Advil, Motrin, Aspirin, Coumadin, fish oil or vitamin-e) are taken prior to treatment, you may experience more bruising.

During Your Procedure:

- 1-4 injections will be administered, per hand.
- The treated hand is wrapped in an ace bandage for 24 hours. We suggest treating your hands a day apart, so both hands are not wrapped 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 resorb 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 experience a coagulum (a small collection of blood that is trapped within the vein but is **NOT** a blood clot). Coagulum(s) 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 re-treating the same hand.
- Follow any additional specific post treatment instructions from your Physician.
- **The above symptoms are temporary and will subside naturally over time. If your symptoms worsen, contact your Physician.**

Please contact our office if you have any questions or concerns at (858)657-1002.

Additional notes/instructions:

Physician: _____ Assistant: _____ Date:
