

Post procedure care for spider vein injections (sclerotherapy):

- A stocking with gauze is applied immediately after treatment. These can be removed later the same day.
- You should wear the compression hose every day for up to 5-7 days. If you can tolerate it, leave the compression hose on at night. Continue to go about your daily activities after your procedure.
- Avoid prolonged standing and sitting during the first 48 hours after your procedure. Walk at least 10 minutes every 2 hours while awake – the more the better. Leg rest and elevation are unnecessary, and in fact, may promote clot formation. Avoid strenuous physical activities such as high-impact aerobics, jogging, or weightlifting for 2 weeks.
- It is also best to avoid alcohol and smoking for the same time period as these may impair the vein closure process.
- We advise all patients having sclerotherapy to avoid sun exposure on your injection sites for 30 days after your last injection. Skin discoloration and scarring may occur in areas of injection when exposed to the sun.
- Use ARNICA MONTANA. Arnica is a daisy-like mountain flower used to reduce bruising after sclerotherapy. Some people are sensitive to the compound Helenalin found in arnica. If you develop a minor rash, you may be sensitive and should stop using arnica. Arnica is toxic if it enters your body; it should only be applied topically and never applied to broken skin or an open wound. Never take arnica internally unless is it in the form of homeopathic pills which contain such a small amount of arnica it does not cause harm. Arnica is available over the counter, for example:

Procure Bruise Remedy Gel +Arnica Montana:

1. Arnica Gel for bruising following the procedure



Hyland's Bruising and Muscle Soreness 30x Arnica tablets