



INSTRUCTIONS FOR SCLEROTHERAPY AND SURFACE LASER TREATMENT

Frequently a spider vein takes more than one injection to close down. You need to be prepared for multiple sessions for success.

Before treatment:

- Do not apply any lotions or creams to your legs the night before or the morning of treatment.
- Avoid dark tans before treatment, as this makes seeing the spider veins difficult.
- Drink plenty of water before the morning of treatment.
- Do not shave your leg(s) the day before or of treatment.

After treatment:

- Walk for 10 minutes or more immediately after treatment and again later in the day.
- Keep the compression stocking on continuously for 24 hours. Then take the stocking off and resume normal bathing and skin care. After the first 24, wear the compression stocking during the daytime only. You do not need to wear it to bed after the first 24 hours (but you can if it makes your leg feel better). Wear your compression stocking for 3 days. If at any time the compression stocking causes you discomfort, skin irritation, causes your foot to go numb or change color, then take the stocking off.
- Resume normal skin care after the first 24 hours.
- Avoid hot tubs, saunas, and intense exercise for two days.
- Light exercise may be resumed immediately (walking, yoga, upper body, etc.)
- Intense exercise (running, boot camp, etc.) may be resumed on the third day after the procedure.
- Normal sun exposure is OK. Use a SPF30 sun screen over the treated areas.
- Arnica topical roll-on product is recommended to speed up resolution of any bruising or darkened veins. It is available at the VEINatlanta office (\$15).

The three "P"s

- **Patience:** spider veins can take several months to fade away.
- **Persistence:** frequently a spider vein takes more than one injection to close down. **You need to be prepared for multiple sessions for success.**
- **Payment:** usually insurance companies do not pay for spider vein treatment for cosmetic purposes. Consider sclerotherapy and laser therapy a cosmetic expense.