

Vein Care

Varicose Veins
Spider Veins
Leg Pain
Injection Sclerotherapy
Vascular Ultrasound

MCQUAID

Vein Specialists

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General Surgery

Gall Bladder
Hernia
Spine Exposure
Laparoscopy
Mass Removal

Post Operative Instructions: **Ultrasound Guided Foam Sclerotherapy**

- We ask that you sleep in the compression stocking tonight, and that you wear your compression stocking during the day for the next 7 days.
- The treated leg should not get wet on the day of the procedure. It is also important to avoid extreme heat with your showers or baths for 1 week following treatment.
- Some post-procedure bruising, inflammation, tenderness and tingling are common, and typically resolve with time.
- Most discomfort can be relieved by over the counter pain medications.
- Some blood may get trapped in the treated veins. In that case, the vessels may initially appear more prominent, with firm lumps. These vessels will eventually get smaller with time, but if the lumps are problematic, some of that trapped blood can easily be drained in the office.
- If you experience minor bleeding, do not be alarmed. Elevate your legs above your heart and apply direct pressure to the site of bleeding for 15 minutes.
- Feel free to call us at 97.BEST LEGS (972.378.5347) if you are having increasing redness around an incision, uncontrolled pain or bleeding.
- Darkening of the skin along the path of an injected vein is a common occurrence following sclerotherapy, and it typically improves with time. If discoloration persists, Arnica gel is encouraged to promote healing and improve appearance of temporary skin changes. You may purchase Arnica gel in our office.
- Avoid direct sun exposure during the healing process (two weeks). Sun screen is important on a regular basis, but is mandatory for the first 2-3 months after our procedures, for best results. Spray on tanners or lotions can be used starting 10 days after treatment.
- No swimming in lakes and public pools for 1 week, or private pools for 3 days.
- We recommend that you avoid lengthy (more than 1 hour) automobile or air travel for 6 to 12 weeks after procedures, to minimize the risk of complications.
- Avoid heavy lifting (nothing over 20 lbs) and strenuous exercise such as aerobics, weight training, or running on pavement for 1 week.
- We do encourage walking (outdoor or on a treadmill) or the use of an elliptical machine, and we recommend that you exercise for 30 minutes, three times a day.
- You may return to your normal activities in 1 week.