



CAROLINA VEIN
SPECIALISTS

After-Procedure Instructions Sclerotherapy Treatment for Spider Veins

There are several things you need to know about spider vein treatment:

Veins rarely go away with a single treatment. Several treatment sessions are needed on each leg for the veins to fade away. In general, we recommend that you wait 3-4 weeks before retreating the leg to allow us to see the effects of the previous treatment. In general, only one leg is treated per session. Those traveling long distances may under certain circumstances schedule two (2) treatment sessions back to back (one session on each leg) to limit their amount of travel. We prefer to not “spot treat” spider veins. Spot treatment will not adequately rid the veins. During your first treatment session on each leg, you will have both spider veins and “feeder” veins related; however, the focus will be primarily on the “feeder” veins. You will likely look worse after the treatment because the medicine leaves small welts similar to mosquito bites. Don’t be discouraged! Proper spider vein treatment is a process and it is after the subsequent treatments that you really begin to see the effects.

We highly recommend you wear medical grade graduated compression stockings no less than three days following each spider vein treatment. Recent studies show wearing support hose as much as 3 weeks may get a significantly better response, which has also been our experience.

Keep in mind that anytime you put a needle into a vein, you may get a bruise. We recommend that you avoid sun exposure to the area until the bruise goes away. Many patients report taking over the counter topical Arnica (found at health food stores) may speed up the bruise healing. Between 1 – 3 weeks after treatment, you may see and feel tender dark lumps where veins were treated. This is *trapping*, where blood is trapped in a section of closed vein, and is very common. However, it may cause the area to become sore, red and irritated. If you notice trapping, we recommend that you call us so that we can aspirate (drain) the “trapped” blood. If not, your body will absorb the blood on its own. But in the process, iron is released from the blood and may stain the overlying skin. If this happens, notify us if your next visit is more than 2 weeks away so that we may remove it for you. Sun exposure after treatment can sometimes increase the risk of brown staining after treatment, particularly in people who easily tan, especially if you have bruising.

Exercise is an important part of the healing process. A thirty minute walk or bike ride once a day is best for the healing process. Continue any other exercise program. Sometimes, heavy weight lifting can cause trapping. Please discuss any activity questions you have with us.

It’s important to remember that it has taken years for veins to develop. They will not disappear overnight. However, over each treatment visit, you will see fading and lightening of your spider veins. Please be patient to allow healing to occur.

Call the office [336-645-3824](tel:336-645-3824) during business hours with any questions about your treatment.

