



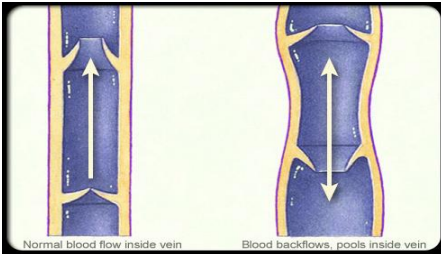
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HOME CARE INSTRUCTIONS FOLLOWING SCLEROTHERAPY

- **You may experience BRUISING, REDNESS, TENDERNESS, AND SWELLING after your treatment. This is NORMAL and a good sign of healing veins undergoing the effects of treatment.**
- **Some patients develop “TRAPPED BLOOD.” This occurs when blood doesn’t fully empty from a treated vein. The area may be RAISED, BUMPY, RED, WARM, OR TENDER. This is very common and a sign of healing. If it causes too much discomfort, it can easily be removed on your next visit to speed up healing and avoid the risk of discoloration.**
- **Your legs may ache or feel heavy following a treatment. You may take Tylenol or Advil to help relieve this. If you have extreme discomfort, notify the office immediately.**
- **You may apply an ice pack to the sore areas for comfort.**
- **Avoid taking VERY hot baths or showers on the day of the treatment**
- **Walking BRISKLY for 20-30 minutes daily help promote the healing process.**
- **Wear your COMPRESSION STOCKINGS (30-40mmHg) overnight tonight. After your first night, wear your stockings during the day for 2 weeks. You may remove them at night.**
- **AVOID strenuous exercise for 1 week following injections. EXAMPLES: Weight lifting, squats, jogging, biking, yoga, pilates, abdominal exercises or aerobics. Low impact exercise the day of injections is acceptable.**
- **Protect your skin from ultraviolet rays (sunbathing or tanning bed) for one week after injections. Wear sunscreen SPF 30 or higher when out in the sun. Sun exposure can cause dark pigmentation of the skin which can take a year or longer to disappear.**
- **Additional information sheets provided (Sclerotherapy information, recommendations for bruising and staining, easy leg exercises)**
- **Please call the office with any concerns or questions. (865) 306-5577**

SCLEROTHERAPY INFORMATION SHEET:

WHAT IS VEIN DISEASE: Vein disease is a weakness of the valves in the vein walls. In normal veins the valves prevent backflow of blood. In varicose veins, the wall of the vein is widened. This causes blood to flow in the wrong direction.



BENEFITS OF SCLEROTHERAPY:

- 1- May eliminate painful symptoms associated with varicose veins.
- 2- Normalizes skin blood flow.
- 3- Gets rid of unattractive spider and varicose veins.
- 4- Safe, virtually painless in office treatment.

MEDICATION: The Medication we use is called Sotradecol (STS) It is a solution containing an irritant (Sclerosant) which causes inflammation and fibrosis (scarring), with intent to close the vein.

WHAT TO EXPECT: NEXT 24 HOURS: Itching, redness, mild discomfort.

NEXT 24-36 HOURS: Bruising, color changes.

NEXT 6-8 WEEKS: Healing process.

*****COSMETIC RESULTS***** Approximately 3-6 Months

You should see significant improvement in your visible veins

- Your legs may look worse before they look better
- Your legs may feel better before they look better
- Some patients respond quickly to treatment, and some respond more slowly

HOW CAN YOU HELP ACHIEVE BEST RESULTS:

- Wear your compression stockings as recommended.
- Walk ASAP after treatment and daily for 20-30 minutes.
- Exercise ankles and calf muscles when sitting every 1-2 hours
- Elevate your legs after a long day of standing or sitting
- Follow recommended treatment plan.
- Return yearly for an evaluation due to the progressive nature of vein disease

AFTERCARE TROPICAL RECOMMENDATIONS

ARNICA/ARNICARE



****All natural cream or gel that reduces pain, swelling and discoloration due to bruising**

****Can be purchased at most drugstores:**

Wal-Mart

CVS

Target

Walgreens

Online: Amazon, Ulta

BIO-OIL



****A moisturizing oil to help improve appearance of scarring, dark spots, and uneven skin tones.**

****Contains Vitamins A&E, Calendula, Lavender, Rosemary & Chamomile oils.**

****Can be purchased at most drugstores:**

Wal-Mart

CVS

Target

Walgreens

Online: Amazon, Ulta

4 Easy Leg Exercises

For Extended Periods of Inactivity or Traveling

If you're planning prolonged inactivity, such as a long car ride or a long plane ride, it is very important to find ways to keep moving and keep your blood flowing as normally as possible. Going long periods of time without moving around can be dangerous, as it can allow blood to pool within the veins of your legs. Pooled or very slow moving blood can cause blood clots, which is potentially a very dangerous condition.

To encourage regular blood flow, it is recommended that you [wear travel socks](#) or [buy compression stockings](#) for your long trips. A [compression stocking](#) can be especially helpful for your circulation if you are not able to get up and walk around frequently or at least every two hours. Drinking lots of fluids, especially water, is recommended as well.

Another tactic is to do a few seated leg exercises. You may feel like you have no room to move, but you'd be surprised. Even small, repeated movements are beneficial.

1) Thigh Press

Place your right hand on your right thigh. Slightly lift your leg but push against your leg with your hand, gently, to provide resistance. Hold for 5-10 seconds and release. Repeat 8-10 times, and then repeat on your left side.

2) Pointed Toes

With your abs pulled in tight and sitting tall, lift one foot off the floor several inches. Moving your leg as little as possible, alternate between pointing your toes and flexing your toes (pulling your toes up). Complete 20 reps and repeat with the other leg.

3) Foot Circles

As a variation on the pointed toes exercise, draw a box with your toes. Start with your toes flexed, then move your foot (at the ankle) to the right (remember to try not moving your leg). Next, point your toes downward, then move your foot to the left, and finally bring your toes up to your starting position. Repeat four times clockwise, then four times counter-clockwise.

4) Thigh Vice

From a seated position, lift one leg up slightly, bend at the knee, and use your abdominals to draw your heel back towards your seat. Pull your leg back like you want to squeeze your seat between your thigh and your calf, only until you feel a good stretch in your hamstring. Hold for a few seconds and release. Do ten reps and repeat on the other side.

Doing these simple exercises can help prevent blood clots, and encourage healthy blood circulation.