

GENERAL INFORMATION ABOUT SPIDER VEIN TREATMENTS

You may need 1-4 treatment sessions, usually scheduled at least 2 weeks apart (intervals may be longer depending on your treatment plan).

You will likely get new spider veins in the future. If there has been a change in your interval health status, an ultrasound re-evaluation may be recommended (for lower extremity sclerotherapy patients). Significant changes in interval health status include a pregnancy or the addition of any hormone based medications.

Hand/facial sclerotherapy patients can expect bruising and low-grade inflammation shortly after treatment. Arnica gel or cream which is available over the counter can be applied up to three times daily to help bruising and pain. Ice packs can also help.

Immediately after your sclerotherapy treatment, itching and a "bug bite" look can last up to a few hours. Bruising or post treatment discoloration can last multiple weeks depending on the individual. Arnica can help reduce the appearance of bruising and inflammation.

NSAIDS such as ibuprofen or naproxen can be taken as needed for tenderness after a session. Ice packs can also be used.

For patients that had leg treatments, compression stockings of 20-30 mmHg may be helpful. Exercise may be resumed. It is important to avoid long flights and car trips (greater than 2-3 hours) for at least 48 hours after treatment.

Avoid hot tubs, swimming pools, saunas, or other soaking for 3 days.