

Advanced Vein & Vascular Center
744 W. Lancaster Ave.
Devon Square II, Suite 225
Wayne, PA 19087
Telephone: 610-687-5347

HOME CARE AFTER SCLEROTHERAPY (SPIDER VEIN INJECTIONS)

ACTIVITY:

- Return to normal daily activity except: NO strenuous (aerobic) activity or heavy lifting for two weeks
- Walk at least 10-20 minutes each day for 1 week.

COMPRESSION:

Compression is as important as receiving the injections!

- Wear elastic bandage for 24-48 hrs, Dr Carabasi will specify how long he would like you to wear it. The ace bandage typically causes swelling. If swelling occurs, loosen the elastic bandage and elevate your leg to help relieve the swelling. In some instances, the ace needs to be removed completely and the leg elevated for a few hours.
- After 24-48 hours, remove the elastic bandage/wrap and cotton balls. Put compression hose on treated leg (minimum strength: 20-30mmHg). The compression hose must be worn constantly for 5 more days.
- You may remove the compression hose to shower.

SUNLIGHT:

- The areas treated by sclerotherapy must be protected from sunlight while they are healing! That means covering the area with clothing or protecting the area with an occlusive sunblock while outside (e.g. Zinc Oxide).

WHAT TO EXPECT

- Redness, staining and/or slight bruising around injection sites which may darken before clearing.
- Slight discomfort or mild itching on and around injection sites.
- It will look worse before it looks better! It will take several weeks for the treated areas to clear.

WHAT NOT TO EXPECT ***

- Bleeding or oozing from the injection sites.
- Extreme pain on and/or around injection sites.
- Extreme redness or swelling on and/or around injection sites.
- Extreme swelling in the treated leg that does not respond to loosening the elastic wrap and elevating the leg.
- Loss of feeling, coldness/numbness in feet and/or toes that does not respond to loosening the ace wrap.
- Shortness of breath.
- Fever.

*** ***Call Dr. Carabasi or the nurse at the office (610-687-5347) during the day or on his cell (215-582-6526) after business hours if "WHAT NOT TO EXPECT" symptoms should occur or if you have any questions or concerns.***