

PATIENT INFORMATION SHEET

Injection Sclerotherapy

Before your Procedure

1. The day of your procedure, shower and wash your legs thoroughly. Do not apply any cream or lotion to your legs.
2. To avoid discomfort, do not shave your legs on the day of your treatment.
3. Bring loose fitting slacks or shorts to wear during the procedure.
4. You must arrange to be **fitted for compression stockings prior** to your therapy

After your treatment

1. Immediately after the procedure, you will need to wear your compression stockings, including overnight, for 24 hours. You may remove your stocking the following day to shower but it must then be worn **as directed by Dr. Roupenian at the time of your treatment**. Remember, the proper use of compression stockings improves the outcome of your treatment.
2. **Immediately after your treatment, you may resume normal activities including going to work**. If possible, walk several times a day for at least 20 minutes during the first few days following your treatment. Avoid standing for long periods of time. No aerobics, heavy lifting, jogging or strenuous physical exercise for 3 days following your treatment.
3. Avoid sun exposure or use heavy sun block on the areas treated for several weeks following treatments otherwise the skin over the treated area may become permanently stained.
4. Avoid hot tub baths or soaks for one week following treatment.
5. After healing you may use elastic stockings for long trips, prolonged standing, or when your legs ache.
6. Take Motrin or Tylenol for discomfort.
7. Although extremely rare, please report any areas suspicious for skin breakdown immediately
8. Discomfort will vary from patient to patient but should be minimal.
9. Expect a small amount of bruising, swelling and discoloration. This is normal.
10. Report any swelling at an injection site larger than the size of a “pea”. Small collections of blood underneath the skin are harmless but can lead to permanent staining if not drained. This is a simple and painless procedure and is important for the end cosmetic result

Sclerotherapy Pearls

- Injection sclerotherapy is the gold standard of treatment. Surface laser is used for the fine spiders not suited for sclerotherapy
- Unless the subsurface (reticular veins) are identified and eliminated first, your spiders will not resolve or even become worse
- Remember, immediately after treatment your veins will look worse before they look better
- You will be asked to wait 6 – 8 weeks before treating the same area. This will avoid over treating veins that may absorb on their own from the previous session
- It takes an average of three treatments per area to obtain and 80% improvement in what you see!
- The proper use of compression stockings will improve your overall results
- Sclerotherapy is an “art” not a science. Our goal is to make you happy with the results not to keep you as a permanent patient!!

**If you have any questions or concerns, contact our office during the day.
After hours, either beep Dr. Roupenian at 508 327-5552 and leave a
detailed message
or call him on his cell phone at 508 728 1127.**