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Patient Instructions After Sclerotherapy

Now that your first treatment is complete, we recommend that you wear your hose for 24 hours a day for three days, then during the day for 18 more days. You can never wear them too much. Hose are thigh high unless you requested otherwise.

You may experience slight discomfort such as aching or throbbing for the first day or two after your initial treatment. Walking will help to alleviate this sensation. If discomfort continues, Ibuprofen (Advil, Aleve, or Tylenol) may be taken with food.

The vessels may appear to turn dark in color and may be slightly tender. This could be an entrapment of blood in the closed vessels, a normal response to the procedure, and will be evacuated at the time of the next treatment session if necessary. Bruising may occur especially after the first treatment. Do not be alarmed. This is normal

Avoid hot tubs, whirlpools, saunas, heated swimming pools, and hot baths for one week following treatment. Golf: after 3 days, you may play one round in the early AM.

Sun exposure is not recommended for at least 10 days after your treatment. Areas that have been treated will be tender and more likely to burn. Use sunscreen at all times when in the sun.

After the dressing is removed, you may apply lotions as desired.

Exercise is an important part of the healing process. A 20 minute walk or bike ride twice a day is best for the healing process. If you are already involved in an exercise program, we encourage you to continue. However, you may be sore for the first several days interfering with high impact exercises.

It is important to remember that it has often taken years for these veins to develop, and they will not disappear overnight. Around the same time that your bruising resolves (10 days - 2 weeks), you will also begin to see the fading and lightening of your spider veins. Please be patient and allow time for healing to occur.

Always bring your compression hose to your appointments. Bring shorts to wear during your treatment.

Call the office with any questions you may have about your treatment or how your legs are feeling.