

# Procedure instructions

## *Sclerotherapy*

### Contraindications

- pregnancy and breast-feeding
- allergic reactions to sclerosing solution
- thrombophilia syndromes
- obesity

### Possible side effects

- hematomas
- raised red spots
- small skin wounds
- darkened skin in the form of spots or stripes
- several tiny red blood vessels

These side effects disappear within the first few days up to the first weeks.

### Side effects that need treatment

- **Inflammation.** Mild inflammation may cause swelling, warmth, discomfort in the treated area.
- **Clot.** In the treated vein blood clots may appear, which need drainage. The blood may rarely move deeper in the leg's veins. Deep vein thrombosis can lead to pulmonary embolism. In case of breathing difficulties, dizziness, coughing up blood, and chest pain, contact Your doctor immediately.
- **Air bubbles.** Small air bubbles may occur in the bloodstream. They may bring visual disturbances, headache, cough and nausea, which reduce over time. The clinic should be contacted if there is numbness or trouble moving the limbs.
- **An allergic reaction** may occur in patients who are allergic to sclerosing foam.

## Before and after the procedure

<b>2 days before</b>	Abstain from alcohol and smoking.
<b>On the day of the procedure</b>	<ul style="list-style-type: none"><li>▪ Don't shave Your legs</li><li>▪ Wash Your legs with antibacterial soap</li><li>▪ Do not apply lotion on Your legs</li><li>▪ Wear comfortable shoes and wide pants.</li><li>▪ Eat a light meal 1.5h before the procedure.</li></ul>
<b>Directly after</b>	Take a walk for 30 minutes in comfortable clothes.
<b>During 48 h</b>	Supportive stockings may not be removed.
<b>For 1 week</b>	<ul style="list-style-type: none"><li>▪ Avoid physical exercise and sports.</li><li>▪ Take a walk for at least 2 minutes 3-4 times a day.</li></ul>
<b>After 2 weeks</b>	Legs may be waxed and shaved.