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Christinas Clinic
health & beauty

Procedure instructions: Sclerotherapy

Contraindications:

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

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. The clinic must be immediately notified of the reaction.

2 days before	Abstain from alcohol and smoking
On the day of the procedure	- Don't shave Your legs - Wash Your legs with antibacterial soap - Do not apply lotion on Your legs - Wear comfortable shoes and wide pants Eat a light meal 1.5h before the procedure
Directly after	Take a walk for 30 minutes in comfortable clothes
During 48 h	Supportive stockings may not be removed
For 1 week	Avoid physical exercise and sports. Take a walk for at least 2 minutes 3-4 times a day
After 2 weeks	Legs may be waxed and shaved
During 2 weeks after the procedure	**It is necessary to immediately start using support stockings: Type Class II, average pressure 17-23 mm/Hg. Apply for the first 48 hours and then only during daytime**
1 month after the procedure	Cover the area from the sun to prevent hyperpigmentation
Until recovery	After sclerotherapy, a person can continue his daily activities, just refrain from hot baths and saunas