



Iowa Plastic Surgery
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SPIDER VEIN INJECTIONS ROUTINE PATIENT INFORMATION

The treatment of spider veins of the lower extremities may require more than one series or injections.

1. The injections are performed with you lying down. You will feel some slight discomfort from the fine needle sticks, the number of which will be determined by number of veins requiring treatment. The medicine may cause mild discomfort on injection.
2. There have been reported rare cases of allergic reactions to the medication.
3. You will need to bring a pair of shorts and a pair of thigh high venous compression stockings to the office with you. For best results you should wear the compression stockings for one to three weeks. Surgical support stockings available at the Pharmacy at Main and Locust. We encourage you to wear the support hose after treatment. They can be used later as great support hose.
4. You may feel some *mild* cramping or pain in your legs for the first day or two after the injections.
5. The veins look worse before they look better. There will be bruising at the injection sites, which will decrease over approximately one month. There may be some residual brownish pigmentation, which gradually fades over a period of approximately one-year.
6. Sometimes, the skin overlying the vein can be injured resulting in a scab which, on healing, will leave a scar. Usually these are small.
7. If you notice large blue-black clots in the treated veins after the stockings are removed, please call our office Monday - Friday 9:00a.m. - 5:00 p.m. We may wish to check them sometime. It usually is nothing serious.
8. Please do not apply lotions or creams to your legs the day of your injections. You may shave your legs the day of your injections.
9. Avoid prolonged sitting (long car rides) and pounding type exercises (aerobics, stair master) for a week. Normal walking for daily activities is acceptable. Do not exercise for two weeks. *After the injections* take one Aspirin per day for one week.
10. Do not take medications that contain Aspirin, Ibuprofen, arthritis medications, or blood thinners, or any medications that contain these, for seven days *before* your sclerotherapy date. You may take Tylenol if needed.
11. Feel free to schedule a follow up appointment two weeks after the injections.