



## **AFTER THERAPY RECOMMENDATIONS**

### **For Spider and Varicose Veins**

#### **After your sclerotherapy injection treatment, we suggest that you:**

- ✓ Leave the cotton balls on for 1 hour, then wash with antibacterial soap
- ✓ Walk for 30 minutes outside or on a treadmill
- ✓ Apply compression therapy (stockings) after washing legs
- ✓ Wear stockings all day/evening for 2-3 days. Remove at night.
- ✓ Avoid hot baths, hot showers, alcohol and aspirin, ibuprofen for 48 hours (unless you are taking aspirin for a heart condition).
- ✓ You may apply moisturizing lotion after 24 hours
- ✓ Avoid tanning beds for at least 2 weeks (you may get an irregular tan, but it is not harmful).
- ✓ Apply sunscreen liberally when exposed to natural sunlight for 2 weeks.
- ✓ Wait 1 to 2 weeks for repeat sclerotherapy.

#### **Also only for larger varicose veins:**

- ✓ Avoid "high impact" activities, eg. Running, aerobics, heavy weight lifting for 48 hours.
- ✓ Leave the wrap on for 24 to 48 hours, then use compression stockings all day, every day for 2 to 6 weeks, remove at night.
- ✓ No hot tubs for 1 to 2 months

#### **At this time, the following treatments/referrals are recommended:**

- Ultrasound assessment.
- Ultrasound guided injection (600)
- Additional spider treatments
- Additional varicose treatments
- Compression Therapy (stockings)
- Massage Therapy
- EMLA cream – available at pharmacies
  
- Referral to:
  - Vascular Surgery \_\_\_\_\_
  - General Surgery \_\_\_\_\_



**After injection of facial veins:**

- ✓ Go home immediately
- ✓ Remove cotton balls
- ✓ Wash face with antibacterial soap
- ✓ Apply ice pack (frozen peas, ice) for 20 minutes. Repeat every 2 hours and in the morning after treatment
- ✓ Avoid aspirin (unless taken for heart disease), alcohol, anti-inflammatories, hot baths, and showers for 48 hours
- ✓ Use no makeup for 48 hours, stay out of the sun
- ✓ Apply moisturizer, sunscreen liberally after 24 hours

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