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**VEIN SCLEROTHERAPY**

**PATIENT INSTRUCTIONS PRIOR TO APPOINTMENT**

1. No hot shower or bath 24 hours prior.
2. Do not shave legs 24 hours prior.
3. Eat a light meal prior
4. Bring or wear shorts
5. Bring 2 ace bandages (3 inches)

**INSTRUCTIONS AFTER INJECTION**

1. No shaving for 24 hours
2. No hot shower or bath for 24 hours
3. Do only mild exercise for 24 hours
4. Stay off your feet and elevate legs as much as possible for first 24 hours.  
Wrapping legs with ace bandage from foot to thigh will decrease swelling, bruising, and cramping.
5. Use cold compresses at injection site (10 minutes on---10 minutes off) as needed for discomfort.

**SIDE EFFECTS**

1. Muscle cramps---do mild exercises (ankle & knee flexing, toe push ups)
2. Pigmentation or “Apple Bruising” at site of injection usually disappears within 6 months. (Occasional small ulcer)
3. Edema (swelling)---prevent by using cold compresses at injection site (10 minutes on---10 minutes off) until bedtime

**SPECIAL NOTES**

1. Being overweight or use of high estrogen birth control pills will increase your risk of varicose veins
2. Please call the office if you have any questions or problems
3. Notify the office if you are pregnant or if you have any of the following:  
--Deep vein thrombosis--Allergy to saline solution--Diabetes--Rheumatic fever or mitral valve prolapse or prosthesis--High blood pressure or heart diseases--Poor wound healing--Bleeding disorders

