

## Vein Care

Varicose Veins  
Spider Veins  
Leg Pain  
Injection Sclerotherapy  
Vascular Ultrasound

# McQUAID

## *Vein Specialists*

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## General Surgery

Gall Bladder  
Hernia  
Spine Exposure  
Laparoscopy  
Mass Removal

## Post Operative Instructions: Cosmetic Sclerotherapy

- We ask that you sleep in the compression stocking tonight, and that you wear the compression stocking during the day for the next 4 days.
- The treated leg should not get wet on the day of the procedure. It is also important to avoid extreme heat with your showers or baths for 4 days following treatment.
- Some post-procedure inflammation, tenderness and bruising are common, and typically resolve with time.
- Most discomfort can be relieved by over the counter ibuprofen (Advil/Motrin) or acetaminophen (Tylenol).
- Some blood may get trapped in the treated veins. In that case, the vessels may initially appear more prominent, with firm lumps. These vessels will eventually get smaller with time, but if the lumps are problematic, some of that trapped blood can easily be drained in the office.
- Feel free to call us at 97.BEST LEGS (972.378.5347) if you are having increasing redness around an incision, uncontrolled pain or bleeding.
- Darkening of the skin along the path of an injected vein is a common occurrence following sclerotherapy, and it typically improves with time. If discoloration persists, Arnica gel is encouraged to promote healing and improve appearance of temporary skin changes. You may purchase Arnica gel in our office.
- Avoid direct sun exposure during the healing process (two weeks). Sun screen is important to use on a regular basis, but is mandatory for the first 2-3 months after sclerotherapy treatment. Spray on tanners or lotions can be used starting 4 days after treatment.
- No swimming in lakes or pools for 4 days.
- Avoid heavy lifting (nothing over 20 lbs), strenuous exercise such as aerobics, weight training, or running on pavement for 4 days. We recommend regular exercise after recovery.
- We do encourage walking (outdoor or on a treadmill) or the use of an elliptical machine, and we recommend that you exercise for 30 minutes, three times a day.
- You may return to your normal activities after 4 days.