

Microsclerotherapy Aftercare

After each round of treatment there will be some raised areas of redness and/or swelling. This will settle with time. The veins may look worse before they look better. The final result and improvement should be visible after 1-2 weeks.

It is important to keep your leg elevated as much as possible for the initial 24 hours following the treatment. You can do low-intensity activity around the home but avoiding standing still for too long each time.

In addition to this, compression garments or dressings should be worn as advised. This is especially important for the following reasons:

- To improve the chances of treatment success and to reduce the number of treatments required to achieve the desired outcome.
- It reduces the risk of hyperpigmentation (dark discolouration of the skin).
- To reduce the risk of clots on the leg (DVT).
- Reduces the chances of the thread veins coming back (recurrence).

Stockings/dressings should be worn for 3 days continuously (except to wash/shower) and then during the daytime only for a further 4 days (in smaller veins) or 7 days (in larger areas treated).

There are several additional pieces of advice to follow after treatment:

- Do not touch, rub or massage the injection site.
- Keep your leg elevated as much as possible for the next 24 hours.
- Avoid any activities that involve heat (gym, sauna, hot bath, sunbeds) for at least 2 weeks. Cool showers are acceptable.
- Exercise should be avoided for 2 weeks.
- Avoid waxing for 4 weeks.
- Avoid flying for

- If you have any bruising after injections, use a cool compress for 1-2 hours post procedure to reduce this. It will not fully resolve for at least 1 week however.
- You can cleanse your skin with simple cleanser but avoid vigorously washing for at least 12 hours.
- Itching is common and can be treated with over-the-counter antihistamines (Piriton or Cetirizine for example can be used).
- Discomfort can be eased with simple paracetamol, ibuprofen or a brief walk.
- If pigmentation occurs this is typically only temporary and will settle after several months.

If you develop any side effects and require advice please contact via email or the website:

- Long-lasting pigmentation
- Signs of infection (new redness, swelling, pain, pus after 3-7 days)
- Skin breakdown (ulceration) – this is rare but may require dressing care and may take some time to heal.

There is a small risk of developing a clot on the leg (deep vein thrombosis or DVT). This is a medical emergency and would require that you present urgently to a hospital or clinic. It can be treated in a straightforward manner if caught early.

If left untreated, it can lead to developing a clot in the lung (pulmonary embolism or PE) or a stroke. Again this is very rare but is an important complication to recognise.

The signs of a clot would include

- A new onset of pain in the back of the lower leg or the thigh several days following the treatment
- This pain does not settle by itself
- It may be accompanied by redness and a new swelling
- Shortness of breath (sign of a clot on the lung)
- Chest pain (sign of a clot on the lung)

If you have any concerns about this, contact your practitioner urgently. If you cannot contact your practitioner, consider attending the nearest walk-in centre or your local hospital Emergency Department.