

POST-PROCEDURE RECOVERY GUIDE: SCLEROTHERAPY (SPIDER VEINS)

What to Expect After Your Treatment

Following your Sclerotherapy treatment, you may experience mild redness, swelling, tenderness, bruising, itching, or firmness along the treated veins. These effects are common and temporary.

The treated veins may initially appear darker or more noticeable before gradually fading over the following weeks.

Post-Treatment Instructions

Compression Garments

- Wear compression stockings continuously for the first 24–48 hours unless otherwise instructed
- Continue wearing compression stockings during the daytime for the next 1–2 weeks as recommended by your provider
- Compression helps improve circulation and optimize treatment results.

Activity Guidelines

For the First 24–48 Hours

- Walk regularly to encourage healthy circulation
- Avoid strenuous exercise or heavy lifting
- Avoid prolonged standing or sitting
- Avoid hot tubs, saunas, steam rooms, and very hot baths

For 1–2 Weeks

Avoid:

- Excessive heat exposure
- High-impact workouts if tenderness persists
- Sun exposure to treated areas

Common Side Effects

- Bruising
- Mild swelling
- Tenderness
- Itching
- Temporary darkening of veins
- Small lumps or firmness under the skin

Please contact our office if you experience:

- Severe pain
- Significant swelling
- Increasing redness or warmth
- Signs of infection
- Shortness of breath or chest pain
- Any symptoms that concern you

Austin Cosmetic Medspa

THE ART AND SCIENCE OF AESTHETIC MEDICINE
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