



Post-Procedural Care Instruction Booklet

Vi SCLEROTHERAPY TREATMENTS

Post-Procedural Care Instructions

The post-care instructions have been created to help prepare you for care after your treatment in the clinic is complete. Following these instructions will maximize your aesthetic outcome. The instructions will also provide you with a few of the post-procedural warning signs that may indicate a complication. As you discovered from our informed consent and your discussion with your provider, most potential complications tend to be minor and can be effectively managed if we are notified promptly. Sign at the bottom to indicate you have read and fully understood its contents. If you do not understand any of the items in the post-care instructions, please do not hesitate to call Vi. In the rare instance that you are unable to contact Vi with a post-care concern, and you feel it is of an urgent nature, please proceed to the emergency room of your nearest hospital. Remember, your excellent aesthetic outcome and quality of care are our goals. We are here to help you!

CONTACTING THE OFFICE

- Office: (612) 299-1221
- After Hours: dianne@vibeautylab.com

YOUR PROCEDURE

The treatment you have selected is Sclerotherapy with Asclera®/Hypertonic Saline.

WHAT IS SCLEROTHERAPY?

Sclerotherapy utilizes medication for the treatment of uncomplicated spider veins (≤ 1 mm in diameter) and reticular (small varicose) veins (1-3 mm in diameter) in the lower extremities. It is used in a treatment called sclerotherapy, during which a solution is injected into an affected vein, causing it to seal shut, eventually reabsorb into the body, and fade from view over time. The number of required treatments and outcomes of sclerotherapy vary from person to person, but typical treatment for spider and reticular veins is 2 to 4 injections. Sessions are usually spaced 5-6 weeks apart. Maintenance treatments are required.



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IS THERE ANY REASON WHY I SHOULDN'T RECEIVE TREATMENT?

You shouldn't receive treatment if you:

- Have a known allergy to polidocanol/lidocaine.
- Have an acute vein or blood clotting (thromboembolic) disease.
- Are pregnant or nursing.
- Let your provider know if you are taking Prednisone.
- Be sure to tell your healthcare provider about all the medicines you are taking, including prescription and non-prescription medicines, vitamins, and herbal products.

HOW CAN I PREPARE FOR TREATMENT?

Before the day of your procedure:

- Purchase medium-grade compression stockings (15 to 20 mmHg) to wear after the procedure to:
 - Help maintain blood flow.
 - Reduce discomfort and swelling.
 - Support healing.
 - Reduce risk of deep vein thrombosis.

On the day of treatment:

- Avoid shaving your legs or applying lotion.
- Wear loose comfortable clothing that allows access to the treatment area.
- You may bring a pair of shorts to wear during treatment.
- Bring compression stockings to the treatment.

WHAT SHOULD I EXPECT DURING THE TREATMENT?

- Each session typically lasts 15 to 45 minutes.
- Antiseptic will be used to clean the treatment area.
- A very fine needle will be used to inject the solution into the treated veins.
- A slight stinging may accompany each injection.



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Because every patient is different, each treatment and its results will vary. Factors include varicose vein severity, disease progression, skin tone, and extent of recommended treatments.

WHAT DO I NEED TO DO AFTER TREATMENT?

- After treatment, wear your compression stockings continuously for two days, then during the day only for five more days for a total of seven days.
- You should also walk 15-20 minutes immediately after treatment and daily for a few days.

WHAT SHOULD I NOT DO AFTER TREATMENT?

For 48 hours following the treatment, avoid:

- Heavy exercise.
- Long plane flights.
- Hot baths, hot tubs, or saunas.
- Avoid direct sun on the treated areas for 5-6 weeks.

WHAT POTENTIAL CHANGES ARE COMMON AFTER TREATMENT?

- Bruising.
- Raised red areas.
- Small skin sores.
- Darkened skin in the form of lines or spots.
- Multiple tiny red blood vessels.

These side effects usually go away within a few days to several weeks. Some side effects may take months or years to resolve.

Vi BEAUTY LAB

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WHAT SIDE EFFECTS REQUIRE A CALL TO MY PROVIDER?

- An allergic reaction. Severe allergic reactions have been reported following polidocanol use, including anaphylactic reactions, some of them fatal.
- In rare cases, formation of small “burns” or ulcers occurs, usually due to leakage of the solution into the skin. These will heal in time but may leave a scar.

WARNING AND PRECAUTIONS

- Accidental injection into an artery can cause severe necrosis, ischemia, or gangrene. Care should be taken in intravenous needle placement and the smallest effective volume at each injection site should be used. If intra-arterial injection of polidocanol occurs, consult a vascular surgeon immediately.

ADVERSE REACTIONS:

- Injection site hematoma.
- Injection site irritation.
- Injection site discoloration.

