INOVO
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Pre and Post- Vascular Lesion Laser/Sclerotherapy

Welcome and thank you for choosing Inovo Medical to assess your venous concerns. Our staff will do our best in addressing your questions, concerns and help guide in making the right decision for your needs.

Depending on which veins are involved, ultrasound imaging may be requested. Ultrasound is a painless procedure that uses sound waves to identify and categorize structures inside the body. Other forms of treatments like laser, sclerotherapy or surgery may be recommended

Laser is the preferred form of treatment for varicose and facial veins which are classified as <5mm in size, also known as **Spider veins**, damaged **veins** that can appear on the surface of the legs or face.

Sclerotherapy injection is used for the treatment of spider veins or veins >5mm in size.

COMPRESSION STOCKINGS are part of our complete therapy approach. You will be required to purchase compression stockings from Inovo Medical that are measured to fit at competitive prices. The cost is often covered by extended health plans;so it may be advantageous to check with your insurance company (you will receive a medical certificate for your insurance)

Please bring with you:

- A pair of shorts and a loose fitting pair of pants to wear home.
- Your valid OHIP card.
- A list of your current medications.

**If you are on blood thinners, prednisone ,steroids, or are pregnant we may not be able to treat you. Please inform us if you are breastfeeding.*

To be considered for same day treatment, note the following:

- Do not come on an empty stomach.
- Do not shave your legs or apply anything on them 1 day prior.

We encourage you to avoid the following 3-5 days prior to treatment for best results:

- ASA/Aspirin (unless taken for heart or stroke condition)
- NSAIDS (non-steroidal anti-inflammatories) eg. Ibuprofen, Motrin, Advil.

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You can expect:

Mild aching, bruising and itching. Take Tylenol for discomfort or apply ice packs. Most people are able to work and do normal activities the next day. There will be some lumps and brown areas for 1-3 months after treatment.

After therapy recommendations:

Walk tor 20-30 minutes after either procedure

For Spider Veins: After your Sclerotherapy (injection) treatment we suggest:

- Leave cotton balls on for 1 hour.
- Wear compression stockings for 1-2 weeks
- Wash the treated area(s) with soap and do not shave or apply lotion for 24 hours.
- Avoid sun exposure for 2-4 weeks (apply sunscreen).
- Avoid hot bath/hot showers for 7 days.
- Avoid high-impact exercises, alcohol, and anti-inflammatories (unless taken for heart disease) for 24 hours.
- Wait 14 days for repeat Sclerotherapy

For Varicose Veins:

- Leave wrap and stockings on for 24-72 hours, then all day (except sleeping) for 3-4 weeks.
- Avoid alcohol/anti-inflammatories (unless taken for heart disease) for 72 hours.
- Avoid hot baths, tubs and showers for at least 2 weeks.
- Avoid high–impact exercise for 7-10 days.

Any questions or concerns arise please call our office for advice.

Book next appointment 2-4 weeks after the injection for a recheck.

Remember – varicose veins are a chronic disease. Control and prevention are the keys to successful treatments, but unfortunately, recurrences are common.

After treatment, if you have any questions, concerns or experience any problems, please call our office at 613-749-4668.