



Sclerotherapy Post-Treatment Instructions

GENERAL

- Expect to have minimal to mild pain, bruising and swelling for the first 24 hours after therapy.
- The veins WILL LOOK WORSE before they look better.
- There will be bruising which is normal.
- Occasionally there is a hard knot that may be tender. This is normal and will resolve.
- Occasionally there is a brownish discoloration after injections. This is transient and will fade over time.
- Occasionally there will be tenderness in the area treated. Extra strength Tylenol will help with this discomfort.
- Do not swim or use hot tub for 3 weeks after your procedure
- No airplane rides for at least 14 days after treatment.
- Do not expose treated area to the sun or tanning bed. (Can cause new vessel formation and post-operative pigment changes to last longer)

DAY 1 TO 3

- Wear optional compression stockings for 24 hours after procedure to help minimize bruising.
- May remove stockings, tape and cotton balls after 24 hours and take a shower.
- Take over-the-counter Tylenol per directions as needed for pain.
- Avoid Motrin and Aspirin.
- Take over-the-counter Benadryl per directions as needed for itching.
- Use ice packs for especially sore areas.
- Elevate legs for added pain relief.
- Resume normal diet and medications.
- Resume normal daily activities, except you should avoid strenuous activities such as high impact aerobics, running, or weightlifting.
- Walk at least 1 hour per day.
- No hot baths or hot tubs. Shower with your stockings or take a sponge bath.

DAY 4 TO 7

- Use a triple antibiotic ointment per package instructions on any ulcers or tape blisters.
- You may shower with but continue to avoid hot baths and hot tubs.
- Resume normal athletic activities as tolerated.

Pictures will be obtained for medical records. If pictures are used for education and marketing purposes, all identifying marks will be cropped or removed.

Please call should you have any questions prior to your appointment.