



POST TREATMENT INSTRUCTIONS

Sclerotherapy

A few simple guidelines both pre and post-treatment can make a difference between a good result and a fantastic one.

PRE (BEFORE) SCLEROTHERAPY:

1. Take all your usual medications the day of your Sclerotherapy unless otherwise instructed.
2. Wear loose fitting clothing and comfortable shoes to accommodate the compression stockings. You may bring shorts to wear for your treatment if you would be more comfortable.
3. Shower the morning of your Sclerotherapy. Do not use moisturizer on your legs. Do not shave your legs on the morning of your Sclerotherapy.
4. Please remember to bring compression stockings.
5. Avoid tanning your legs for approximately 1 month before and for at least 1 month after your treatment. Use heavy sunscreen if you are in the sun.

POST (AFTER) SCLEROTHERAPY:

1. You may experience **variable amounts of pain** after sclerotherapy. Major venous changes will be occurring for the next 3 months and minor changes for up to 2 years.
2. You may experience some discomfort after your treatment. Walking will help to reduce the pain. You may take over-the-counter **pain medication** such as: Ibuprofen or Acetaminophen. Take them as per instructions on the label.
3. **Expect** bruising, swelling, tightening sensation, lumps and temporary darkening of the color of your skin/vein after sclerotherapy. This should begin to subside after 2-3 weeks. Avoid tanning your legs until this discoloration fades.
4. Any vessels that appear dark and lumpy may be due to entrapment of blood in the closed vessel, a normal response to the treatment, and will be evacuated by the physician at the time of your next treatment session if necessary.
5. You will need to **wear compression stocking** 1 full day and night after sclerotherapy without removing it at all. Your stocking will be snug, but your toes should be warm and free moving. On day 2 you may remove the stocking for a short lukewarm shower, then elevate your leg for at least 10 minutes, then put your clean compression stocking right back on. This stocking should be worn during the day for the next 6 days. During these 6 days you should remove the stocking only to sleep or shower.

6. **Ambulation** is very important after your sclerotherapy. We recommend taking a 20 minute walk at least 3 times a day for at least 1 week following your sclerotherapy. Walking will help the leg's recovery process. When you are not walking try to elevate your legs as much as possible. Avoid prolonged standing or sitting in one place for more than 2 hours at a time.
7. For 2 weeks after your procedure, you should keep **your activity** to routine and necessary activities. Avoid strenuous exercise such as impact aerobics, weight training, yoga, bicycling and running for 2 weeks unless discussed and told differently by the Physician.
8. Please **refrain** from hot tubs, saunas, baths and hot showers for 1 week following your procedure.
9. **Do not** fly for one week following your procedure. Avoid long trips (greater than 2 hours) for 1 week following treatment.
10. **Resume** your medications and diet as before procedure unless otherwise instructed by your physician.
11. It is recommended to wash your stockings in mild soap, hang-drying and **not** to put them in a dryer.
12. **Always bring you compression stockings with you to all appointments**

If you are experiencing extreme pain, bleeding, drainage, rash, increasingly raised red/hot area or fever notify the office.