



POST-SCLEROTHERAPY INSTRUCTIONS

- Proper bandaging following sclerotherapy is critical for the success of the procedure. Leave the cotton balls, compression wraps, or stockings in place for the next 24 hours. After 24 hours, remove the compression tape and cotton balls. You may find it easier to remove the compression tape after soaking in a warm bath or shower. Put the compression stockings back on after the bandages are removed.
- Compression stockings should be worn at all times until bedtime for 14 days. It is not necessary to sleep with your stockings on. Remove them prior to bathing.
- Bruising and discoloration are common after sclerotherapy. These issues will resolve over a number of weeks. It is very important to avoid sun exposure to the treatment areas after sclerotherapy. Sun exposure can cause hyper pigmentation (skin darkening) in treated areas. Wear protective clothing and a broad-spectrum sun block for at least 1 month after the treatment.
- Exercise following sclerotherapy is okay. Avoid strenuous, high-impact activities for one week after the treatment.
- Avoid excessively hot baths, showers, or hot tubs for one week after the treatment.
- Occasionally, when treating larger vessels, a small clot or “knot” may develop. If this happens, we would like for you to call us. Sometimes we do a simple extraction of this clot or may opt to let it dissolve on its own.
- Pain after sclerotherapy is usually minimal and goes away after 1-2 days. If you experience discomfort, you may take a Tylenol or Extra-Strength Tylenol

CALL DR. _____ at _____ IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING OR GO TO THE EMERGENCY ROOM:

- Prolonged tenderness, redness or warmth along the treated segment
- Moderate to severe pain, preventing return to normal activities
- Shortness of breath
- Swelling of the entire leg

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