

## **Sclerotherapy Instructions**

- Wear compression stockings as prescribed, usually seven days during waking hours after treatment.
- If you experience leg discomfort or swelling at any point after 7 days, you may reapply your stockings.
- Walk intermittently during the first 3-4 days for 10 minute intervals. Walking is also helpful to relieve any discomfort.
- You may return to work and regular activities immediately following treatment. Maintain a normal activity level.
- Bring compression stockings to each treatment session. You may also bring shorts, however, paper shorts are available in clinic. Do not apply lotion to legs on treatment days.
- Avoid hot baths, jacuzzi and leg massage for one week following treatment periods.
- Avoid direct sun exposure to any treated area however you may use sunscreen if in direct sunlight.

651-765-VEIN (8346)

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