

Sclerotherapy Instructions

Bring stockings to treatment sessions. You may bring shorts, however, paper shorts are available in clinic. Do not apply lotion to legs on treatment days.

Immediately Following Procedure

Injected areas may be sensitive to the touch, may have mild swelling and may appear bruised. The small vessels may turn dark in color. Discoloration is normal and will disappear with healing.

Treatment of larger vessels, may result in redness, tenderness, or 'lumpiness' which may form along the treated veins. These responses to injections are normal and may take 4-8 weeks to resolve.

Recommended

Wear compressions stocking(s) daily for 7 days during waking hours. You can never wear stockings 'too' long. If you experience leg discomfort or swelling at any point during post-treatment, you may reapply your stockings at any time.

You may experience mild discomfort such as aching, throbbing, or itching the first few days post-treatment. If this occurs Tylenol, Ibuprofen or Aleve are recommended as directed.

Daily walking during the first 4-5 days post-treatment for 10- 15 intermittent intervals is recommended. You may return to work and regular activities immediately. Walking is helpful to alleviate discomfort. Maintain a normal activity level.

Avoid

Hot tubs, hot baths, saunas, and leg massage during treatment periods. Showering is preferred. Avoid direct sun exposure to leg(s) however, sunscreen may be used.