



Sclerotherapy

Important Information after Your Procedure

Diet: There are no dietary restrictions following sclerotherapy.

Medications:

- Continue your routine home medications
- You may experience discomfort after the procedure for which you may take NSAIDS (Advil/ motrin). If you are unable to take these medicines you can take Tylenol.

Activity:

- Walk frequently **following the procedure**; do not remain immobilized for extended periods of time. This will help decrease the risk of blood clots and help improve blood flow in your leg.
- **Over the next few days**, progress back to normal/regular activities
- Aerobic activity and other forms of exercise (such as walking/running, Zumba, Yoga, Pilates, etc...) may be resumed as soon as **4 - 5 days after** the procedure as long as you feel comfortable doing so.
- Avoid strenuous activity or heavy lifting (anything that requires breath holding or grunting) for 10-14 days

Driving/travel: There are no driving or travel restrictions following the sclerotherapy procedure

Post-procedure dressing care:

- **For the first 24 hours** you will have to keep the bandage and stocking in place and keep dry.
- **After 24 hours**, remove the bandage/stocking and you may shower. Reapply compression stockings for 1 additional night
- **For 2 weeks** wear compression stockings during the day
 - * Wearing the compression for 2 weeks is necessary as it helps your legs to heal properly.
- **For 2 weeks**, avoid hot soaks such as baths, Jacuzzi, etc. Showers are permitted.
- **For 2-4 weeks** avoid excessive sun exposure to the treated areas as this may result in increased darkening of the skin in the injection area. Use spf 50 or greater if sun exposure is unavoidable.
- Treated veins will likely appear more prominent for the first few weeks following each treatment session. Expect at least 4-6 weeks for results to be achieved.

Follow up:

- Follow up clinic visit or subsequent sclerotherapy sessions should be scheduled no sooner than 4-6 weeks for the same treatment area. Earlier treatment can be scheduled if a different area is to be treated (ie. the opposite leg).
- Contact our office if you experience redness lasting more than 3 days, swelling, new leg or calf pain, fevers greater than 100°F or signs of allergic reaction **907-339-9455**