



AFTER YOUR SCLEROTHERAPY TREATMENT...

1. Immediately after the procedure, you will be fitted in support stockings and will be required to walk for 20 to 30 minutes. Have loose-fitting slacks and comfortable walking shoes with you.
2. If you are traveling over 30 minutes to the office, plan to make stops so that you can move your feet and legs around to increase circulation.
3. You will be able to maintain normal activities. Walk at least 1 hour every day—the more the better! However, avoid running and standing for long periods of time.
4. Avoid hot baths for 2 weeks. Cool your legs with cold water after each shower.
5. Avoid anything that will make your veins dilate- No hot tubs, no tanning beds, etc.
6. Wear the support stockings continuously for 24 hours. Then they may be removed and worn daily, during the waking hours, for seven more days. After healing, use them for long trips, working on your feet for long periods of time, or when your legs ache.
7. Avoid strenuous physical activities such as high-impact aerobics or weightlifting for the first 48 to 72 hours.
8. Expect to see bruising, pigment changes, localized tenderness, or lumpiness. These are all temporary conditions that usually resolve weeks after the procedure.
9. If a blister develops, clean three times a day with soap and water and apply an antibiotic ointment.
10. Contact the office immediately if any of the following occur:
 - a. Fever
 - b. An ulcer develops at any of the treatment sites
 - c. A painful “cord” at the site of a treated vein
 - d. Shortness of breath or difficulty breathing
 - e. Painful swelling of a treated leg

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