



POST SCLEROTHERAPY INSTRUCTIONS

Following the injections you have received today you may experience some mild discomfort. This is a normal part of the healing process and should subside with time and wearing the compression stockings. Walking will usually help the discomfort in the leg and you may take Advil or Aleve for pain.

CONTINUE TO HAVE ORIGINAL WRAP ON FOR AT LEAST 24 HOURS. THE COMPRESSION STOCKINGS MUST BE WORN EVERY DAY THEREAFTER FOR A MINIMUM OF 7 DAYS. You may remove them while sleeping and bathing. For the next 8 days there is to be no sun tanning or baths to prevent any infection in the new injection sites.

Typically, the injected areas may be sensitive and swell slightly. The area may look black and blue or bruised. The small vessels may change color and discoloration is normal and will disappear as the healing process takes place. This should not cause any alarm to you.

On larger vessels, some lumps may form along the treated veins. You may have some redness and tenderness along the vein route or feel a pulling or tight sensation. These responses to the injections are not serious, harmful, or dangerous and are only temporary. Remember, it has taken years for these veins to develop, and they **WILL NOT** disappear overnight. Be patient and allow time for the healing to occur.

Walking daily is encouraged and promotes speedy healing (at least 1 mile daily is recommended). This activity helps dissipate any discomfort you may have and maintains good circulation by emptying the leg veins with muscular activity that walking creates.

You may resume all your pre-procedure activities, including work, immediately. Continue to keep moving and maintain a normal level of activity. If you experience leg pain or mild swelling after the 7 days put your stockings back on! If tenderness/redness/lumpiness persists, please contact us.