



## **POST-SCLEROTHERAPY PATIENT INSTRUCTIONS**

1. You should wear your compression stockings continuously for the first 24 hours. After this, wear them for 7 days during waking hours. You may take them off at night. The benefit with compliance will be a reduction in bruising, swelling, and pain.
2. You will be expected to walk immediately after receiving these instructions for at least 20 minutes here at our office. Normal activity can be resumed immediately, but strenuous exercise can cause the vein to reopen, so please avoid hot baths and vigorous activity such as gym workouts until at least 7 days following the procedure. Also, avoid sun exposure for 7 days after treatment.
3. Recovery from sclerotherapy is usually trouble-free. It is normal to have some bruising at the injection sites. You may notice slight discomfort such as tightening, aching, or itching. If the discomfort continues, you may take Tylenol. Please avoid ibuprofen and aspirin-based products unless otherwise recommended or prescribed. Should you experience any redness or a lump at an injection site, use warm compresses several times a day.
4. As with any invasive procedures, problems can develop. If you develop an acute fever (more than 100 F or 38 C) or severe or worsening pain/swelling, please call our office immediately.

These post operative instructions were reviewed with me prior to discharge, and I understand the expectations of my attending physician. I understand I must call the office immediately if any unexpected side-effects arise.

Patient Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Nurse: \_\_\_\_\_