



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 hose. Walking will usually help the discomfort in the legs. You may take Advil, Nuprin, Tylenol, or Aleve for any pain or discomfort that may be present.

All cotton balls can be removed the next morning. Stocking(s) must be worn every day for a minimum of 7 days. They may be removed while sleeping and bathing. If at any point during your treatment you experience any leg pain or mild swelling, and you are not wearing your compression stockings, **put your stockings on.**

Walking daily is encouraged and promotes speedy healing, but no strenuous exercise should be done during the week the stockings are worn. This activity helps dissipate any discomfort you may have and maintains good circulation by emptying the leg veins with muscular activity that walking creates.

No hot tubs, Jacuzzis or massages on the legs should be used while in the compression stockings.

You may resume all your pre-procedure activities, including work, immediately. Continue to keep moving and maintain a normal level of activity.

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. This discoloration is normal and will disappear as the healing process takes place. None of this should cause alarm.

On larger vessels, some lumps may form along the treated veins. You may have some redness and tenderness along the vein route. You may also feel a pulling or tight sensation along the vein. These responses to the injections are normal. Many patients go through the treatment with almost none of these reactions at all. These responses to treatment are not serious, harmful, or dangerous and are only temporary in duration. Remember, it has taken years for these veins to develop, and they will not disappear overnight. **Be patient and allow time for healing to occur.** These lumps may take 4 weeks to 6 months to resolve. If tenderness/redness/lumpiness persists, contact the office at 515-223-0592.

ALWAYS BRING YOUR COMPRESSION HOSE AND A PAIR OF SHORTS TO ALL APPOINTMENTS

I hereby acknowledge the Post Sclerotherapy Instructions

Patient: _____

Witness: _____