



## Post-procedure Instructions for Sclerotherapy

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 leg. You may take Advil, Nuprin, or Aleve for any pain or discomfort that may be present. Avoid hot tubs, whirlpools, saunas and heated swimming pools. Sun exposure should be avoided for at least 2 weeks following treatment. Use sunscreen at all times when in the sun. No running or heavy lifting for 1 week following treatment.

Wear your compression hose continuously until tomorrow at bedtime.

The stocking(s) must be worn every day for a minimum of 1 week. It may be removed while sleeping and showering. If at any point during your treatment you experience any leg pain or mild swelling, and you are not wearing your compression stocking(s), **PUT YOUR STOCKING(S) ON.**

Walking daily is encouraged and promotes speedy healing (at least 1 hour daily is recommended). You may do this in several sessions of 5-10 minutes each. This activity helps dissipate any discomfort you may have and maintains good circulation by emptying the leg veins with the muscular activity that walking creates.

It is best to avoid long car trips or plane rides for several days after treatment. If you must travel, be sure to wear your compression hose on the trip. Move your feet and your legs around while sitting on the plane or in the car. Take breaks and walk frequently.

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. These lumps may take 4 weeks to 6 months to resolve. If tenderness/redness/lumpiness persists, please contact us. 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. You can expect to see beneficial results in 6 to 8 weeks.

Please call the Ponte Vedra Vein Institute if you experience persistent pain, bleeding, extreme swelling, fever or chest pain: 904-280-0600.

**ALWAYS BRING YOUR COMPRESSION HOSE WITH YOU TO THE OFFICE.**