



## **PATIENT POST- SCLEROTHERAPY INSTRUCTIONS**

### **AFTER YOUR TREATMENT**

- ❑ Immediately after the procedure, you may be required to put on support hose and walk for 10-30 minutes. Hose can be purchased at our office, we recommend thigh or pantyhose style with 20 to 30 Hg compression. The hose should be worn for 24 hours, and then worn daily during the waking hours for 7-10 days. The compression hose are critical to the success of the treatment.
- ❑ Be sure to have loose-fitting slacks/skirt and comfortable walking shoes with you.
- ❑ Taped compression pads/cotton balls are gently removed twenty-four hours after your sclerotherapy procedure (your provider will discuss the exact time with you). If you notice a developing tape allergy (redness or rash) remove tape and put on support stockings.
- ❑ If you remove the tape prior to twenty-four hours, try and wear support hose
- ❑ Maintain normal activities. You are encouraged to walk as much as possible and avoid standing in a single position for prolonged periods of time.
- ❑ Avoid strenuous physical activities such as high-impact aerobics, running, weight lifting, for the first 48-72 hours following your treatment.
- ❑ Avoid hot baths for 2 weeks. Cool your legs with cold water after each shower.
- ❑ Avoid Sunbathing and Ultraviolet Exposure for at least 1 week.
- ❑ Avoid swimming in chlorinated pools for 48 hours following your treatment.
- ❑ Avoid blood-thinning medications, such as Aspirin and other non-steroidal anti-inflammatory drugs, (e.g., Ibuprofen, Motrin, Advil Anaprox, Vioxx, etc. for 24-48 hours following your treatment.
- ❑ It is advised to avoid flying for 48 hours after the treatment of Reticular Veins.
- ❑ Should you experience any redness or a small lump use warm compresses several times a day. If you experience any open areas (s) you may use Polysporin Ointment (NOT Neosporin) to the affected area.
- ❑ Remember to call the office if you should have any questions or concerns regarding your treatment.