



FOLLOWING YOUR SCLEROTHERAPY PROCEDURE

- Leave the compression hose in place for 7-10 days, wearing overnight the first night only.
- Following the injections, Tylenol or Ibuprofen may be used for mild pain. If you are having extreme discomfort or bleeding, please notify the office immediately.
- Walking is encouraged.
- If long distance travel is required, after two hours please stretch and exercise legs for 10-15 minutes.
- Following the injection, do NOT take a hot bath; do NOT use hot compresses, do NOT use whirlpools or saunas for 30 days. Avoid direct sunlight for 30 days.
- You may shower after 24-hours. The injection sites may be washed with a mild soap and warm water.
- The injected vein(s) will clot off and will take anywhere from 4-12 weeks to completely disappear. Sometimes longer depending on the size of the vein(s) injected.
- We encourage the use of Arnica/ArnicaCare to decrease the appearance of dark areas post procedure. It can be purchased at any local drug store.

Follow up Appointment: _____

Day: _____ Date: _____ , Time: _____ AM PM

Please call (901) 683-1890 with any questions or problems.