



POST SCLEROTHERAPY INSTRUCTIONS

1. Keep stockings on until bedtime. If your toes turn blue or feel numb, call the doctor immediately.
2. Keep the bandage on until the morning following your procedure. Shower with the bandage on (it will get wet and soggy), then remove bandage when you get out of the shower and immediately put on your stockings.
3. You can resume normal activities today (day of procedure); walking is okay.
4. You can resume exercising in 3 days (no weights with the legs for 2 weeks).
5. You can take a shower in the morning but no hot baths for 1 week.
6. Wear your support hose for 3 weeks, from the first thing in the morning (ideally, take a quick 5 minute shower and then put them on before doing the rest of your morning ritual), until last thing at night.
7. Schedule the next follow-up visit in 4-6 weeks.
8. Bruising, local swelling and some tenderness are normal after treatment, but please feel free to call the office if you have questions.
9. If the vein gets hard and knotty and causes some discomfort, please call the office and schedule to have the area “nicked”. This will help with the discomfort and also help the area to heal faster.