

Post-Operative Sclerotherapy Instructions

Thank you for choosing us for your vein treatment. Proper aftercare is essential to ensure the best results from your sclerotherapy procedure.

1. **Compression Stockings**:

- Wear your compression stockings continuously for the first 24-48 hours after treatment.
- After that, wear them during the day for at least 7-14 days.
- Avoid removing them unless instructed.

2. **Activity**:

- Walk for 15-20 minutes immediately after the procedure.
- Stay active: walk daily for at least 30 minutes.
- Avoid standing or sitting for prolonged periods without movement.
- Avoid strenuous exercise, heavy lifting, and high-impact activities for 5-7 days.

3. **Pain & Discomfort**:

- Mild discomfort, itching, or bruising is normal.
- You may use over-the-counter pain relievers like acetaminophen if needed.
- Avoid anti-inflammatory medications (e.g., ibuprofen, aspirin) for 48 hours unless directed.

4. **Bathing & Skincare**:

- Do not take hot baths, visit saunas, or use hot tubs for 1 week.
- You may shower after 24 hours but avoid hot water.
- Do not apply lotions, creams, or oils to treated areas for 48 hours.

5. **Follow-Up**:

- Attend your scheduled follow-up appointment to assess results and determine if additional treatments are needed.
- Report any signs of infection (increased redness, warmth, swelling, or pus) or symptoms like chest pain or shortness of breath immediately.

6. **Appearance of Veins**:

- Treated veins may look worse before they look better.
- Bruising, darkening, or hardness along the vein is common and usually temporary.
- Full results may take several weeks to become visible.

If you have any questions or concerns, don't hesitate to contact our office.

We're here to support your recovery every step of the way.