



Information for You from Your Health Care Team

After Sclerotherapy

Before Discharge:

After the procedure, you will be asked to put on compression stockings and walk for 10 to 30 minutes. Remember to bring loose fitting pants and comfortable walking shoes.

Activity at home

- Avoid standing or sitting for long amounts of time
- Walk at least one hour each day
- Avoid hard or difficult physical activity such as high-impact aerobics or weightlifting for the first week following the procedure.
- Otherwise, you may resume your normal activities

How do I care for my leg?

- You will have compression stockings put on after sclerotherapy they should stay on for 48 hours.
- Remove the stockings, dressings and tapes after 48 hours.
- You will need to wear your compression stockings during the day for at least three weeks
- Remove at bedtime, but be sure to put the stockings back on first thing in the morning

When can I shower or bathe?

- You may shower after 48 hours
- Wash the leg gently with soap and water and pat it dry
- Do not scrub forcefully
- When finishing your shower cool your legs with cold water, gently pat dry, and re-apply the compression stockings

Call the office at 464-4550 if you have increased tenderness, swelling or redness.

Speak Up at Any Time if You Have Questions or Concerns