



Sclerotherapy Discharge Instructions

Post Procedure

1. Following the procedure, you should watch for signs of infection, which include redness, elevated temperature, or discharge from the injection site.
2. Tylenol or Ibuprofen may be taken according to the package instructions if needed for mild discomfort.
3. You may experience slight tenderness in the area of the treated vein for several weeks after the procedure.

Activity

1. Avoid sitting or standing for long amounts of time.
2. Walk frequently.
3. Avoid vigorous physical activity such as aerobics, running, and weightlifting for the first week following the procedure.

Bandages and Skin Care

1. Compression bandages or stockings are put on after sclerotherapy and should stay on for at least 48 hours after the procedure this includes night and day usage.
2. After 48 hours the gauze bandages and stocking may be removed to shower. However, the compression stocking should be worn for 7 days, unless otherwise specified, following the procedure. Only day time use of the compression hose is required.
3. No special skin care is needed

When to Call the Office

1. If you develop an open sore over the injection site
2. If you notice increasing pain, redness, or swelling.
3. Call Intermountain Vein Center at 379-6700 for any additional concerns.