

Post sclerotherapy injection instructions:

Post-procedure dressing care

- For the first 48 hours you will have to keep the bandage and stocking in place and keep dry.
- After 48 hours, remove the bandage/stocking and you may shower.
- Do not soak in a tub or scrub treated areas. Gently pat dry the injection areas. Injected areas may appear bruised, swollen and be somewhat tender. This is normal

Activity post-procedure

- Rest with your leg elevated as much as possible.
 - Elevation of your leg should ideally be above your heart. Stay in bed, use a recliner chair or couch with pillows under your leg as much as possible. Elevation and ace wrap compression are important components of this form of treatment. This prevents blood from re-entering the injected vein and it will not be symptomatic or visible through the skin.
- For the first 7-10 days after injections, avoid vigorous exercise or high impact aerobics. You should wear the large ace wrap or good fitting elastic stockings from the foot to above the highest vein injected as much as possible when out of bed.

Post-procedure discomfort or concerns

- Extra strength Tylenol may be taken every 4 hours as needed for discomfort. Continue to take all medications you may be on.
- Veins may require multiple injections before they disappear. Allow 3-4 weeks for healing after the injections. If some veins persist or you have additional veins you wish to have treated call 444-VEIN (8346) to arrange for another session.
- Call the office should you experience severe pain, high fever (greater than 102°F), or notice significant swelling, bleeding or drainage from or around the injection sites.

Follow-up after your procedure

- Schedule a 2 week follow-up visit.

Call (631)444-VEIN / (631)444-8346 if you have any questions or problems.