



## Sclerotherapy – Patient Instructions

Name: \_\_\_\_\_ Date: \_\_\_\_\_

### **Preparing for your appointment:**

Please bring a comfortable pair of shorts and your compression stockings with you to your appointment. If you did not receive a prescription for stockings, please call us so that we can get one to you. We also ask that you stop aspirin, ibuprofen (Advil, Motrin) and Ansaids (Aleve, Naprosyn) 48 hours prior to your injections.

### **Compression Stockings**

At the end of your procedure, you will be placed in the compression stockings. For the first 48 hours, wear the stocking continuously (including while sleeping) although you may remove them to take a shower. For the next 3 weeks, continue to wear the compression stocking all day long, except while sleeping.

### **Expected Course**

After the procedure, you may experience bruising, slight itching, mild pain, mild swelling, firmness under the skin, discoloration or increased pigmentation of the skin. These side effects will usually improve or resolve with time. Treated veins should decrease in prominence over a few months. Very unusual side effects include, possible skin thickening (matting) or skin ulceration. **Fading can occur for 4 to 6 weeks, and occasionally longer. It is reasonable to expect that some areas may require more than one treatment.**

### **Activities**

Using compression stockings, normal activity can be resumed immediately, but avoid strenuous exercise or weight lifting for one week. Avoid tanning, hot tubs, hot baths, massages, or any intense heat that causes the veins to dilate, for at least the first month.

### **Warning Signs**

If you develop severe or worsening pain, increasing swelling, fever (temperature >101 degrees), chest pain, shortness of breath, unusual leg function or sensation, increased leg discomfort with muscle use, skin breakdown, or infected drainage (pus), please call our office right away at 970-267-2661. If you are calling after hours, stay on the line and follow the instructions to reach the doctor on-call.

**Follow-up** – is not usually needed, although if any problems occur you may call us to speak with a nurse or schedule an appointment.