**Post Sclerotherapy Instructions:**

Compression Stockings:

1. Compression stocking must be worn for 2 weeks following procedure.
2. Compression stockings must be worn continuously for the first 24 hours
3. After the first 24 hours you may take stockings off to shower or at bedtime.
4. Wearing your compression stockings as much as possible will increase effectiveness of procedure.
5. Wear compression stockings to every visit for the following 2 weeks post procedure.

Activities:

1. No jacuzzies, saunas, swimming pools, nor baths for the first 2 weeks post procedure.
2. Avoid sun exposure, tanning beds, and self-tanning creams for the first 4 weeks post procedure. This minimizes the risk of hyperpigmentation (discoloration) of the skin.
3. Avoid prolonged standing and sitting.
4. Avoid vigorous exercising and heavy weight lifting for the first 2 weeks.
5. Begin walking immediately after your procedure for 30 minutes, at least two times daily for the next 2 weeks.
6. Avoid traveling long distances the first 2 weeks. If traveling cannot be avoided, try and walk every 30 minutes if possible.
7. Elevate your legs at rest.
8. Do not shave your legs for a few days post procedure or while veins are closing.

What to Expect:

1. Burning, tingling, itching, and bruising may occur for 1-2 days post procedure.
2. Veins will appear dark red or black initially and often appear worse before improving is noticed.
3. Temporary tiny blood vessels may develop at the treated area. This is called revascularization, "flares," "mats," or "blushing." They may appear days or weeks after the procedure but should fade within a few months and usually do not require further treatment.
4. Raised, red areas may appear at the injection sites and should disappear within a few days.

Other side effects rarely develop after sclerotherapy. If you have any of these rare side effects, please contact your physician immediately:

1. Inflammation (swelling) within five inches of the groin.
2. Sudden appearance of a swollen leg.
3. Formation of small ulcers at the injection site.
4. Red streaking, especially in the groin area.