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## ULTRASOUND GUIDED SCLEROTHERAPY — POST-PROCEDURE INSTRUCTIONS

- Wear compression stockings continuously for the first 3 days following your treatment. After that you may remove them to shower. If you have any bandages you may remove them. Wear compression stockings during day hours for next 11 days (put on in the morning and take off before going to bed).
- The veins will look worse before they look better. Results can take several weeks to be appreciated.
- There will be some bruising and redness which is normal and will resolve.
- A slight burning or an itching sensation may be felt during the first 24hrs. Ice packs can be used in these areas.
- A brownish discoloration can develop at the site of the injected vein. In most, this will fade over time.
- Sometimes a treated vein will close but still have blood in it. This is called “trapped blood”. It is not dangerous but can be tender. Trapped blood can be removed with a small needle, if not it will resolve by itself.
- You may take Motrin/Advil for discomfort.
- No hot baths or hot tubs for 5 days after sclerotherapy.
- Avoid direct sun exposure, including tanning booths, for 4-6 weeks. Apply sun block if sun exposure is anticipated with normal daily activities.
- No airplane rides for 5 days after treatment.
- Walking is important. Try to take three 20-minute walks a day.
- Resume normal daily activities, except you should avoid strenuous activities such as high impact aerobics or weightlifting for 5 days.
- If you have any signs of infection, progressively enlarging areas of redness or drainage or if you develop new leg swelling, contact our office immediately at (602) 200-9339.

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