



## **Sclerotherapy Post Op Instructions**

- Compression for 3 weeks (while awake and on feet) is critical to optimize your recovery and results.
- Compliance with compression helps to prevent blood clots and minimizes pain, swelling, bruising, skin discoloration (dark pigmentation) and the recurrence of vessels.
- Do not sit or lay down for several hours after the surgery. Please begin walking immediately.
- You can resume regular exercising (aerobic and weight lifting) in 48 hours.
- If you develop pain, you may take Tylenol.
- Do not use aspirin containing products or Ibuprofen for at least 3 days after the procedure.
- Do not bathe in warm water for at least 48 hours. You may take a luke-warm shower in 24 hours.
- If you develop any streaking redness, rashes, skin ulcerations, exquisite leg pain, leg swelling, shortness of breath, fevers or chills, call the office immediately.
- Occasionally, some blood gets "trapped" at the injection sites. If you notice, dark purple/blue-black spots at any of the injection sites, call the office, as these areas can be released to prevent any long term discoloration of the skin.
- Avoid sunlight/tanning beds for at least 4-6 weeks post treatment.
- **If you have any questions please call our office at 336-940-2407.**