



Sclerotherapy Post-procedure Instructions

We hope your visit at the Salem Skin and Vein Specialists today was a pleasurable experience. Remember that this is a stepwise process to improve the appearance of your legs. We know that in the end you will be quite pleased with the results. Though most patients have no problems following sclerotherapy and can return to normal activities immediately, the following is offered to help answer any questions that may arise.

-Your legs may have a stinging or burning sensation for several hours following the procedure. Tylenol or Motrin can be used for this minor discomfort if needed.

-You should have your compression stocking on when you leave the office. If for some reason you did not have your stockings with you, an ace wrap dressing will be in place. Leave your stocking or ace wrap in place for 48 hours. If for some reason you have to remove this, please put it back on as soon as possible.

-After 48 hours, remove your stockings and shower. You may notice some dried blood over some of the injection sites. This is normal. There may also be some bruising around some of the sites. Again this is normal and should resolve by your next visit. Wearing your stockings during the day for the next 2 weeks may improve your results.

-Notify the office if any of the following occur:

- increasing pain around any of the injection sites
- increasing redness or swelling around the injection sites
- fever
- blistering of the skin

-Brown discoloration of the skin around the injection sites (called hemosiderin deposition) sometimes occurs. This will look like a birthmark and should fade over the subsequent months

-Hard slightly tender veins may be noticeable if you had larger spider veins or reticular veins treated. We will sometimes remove the clotted blood in these at your next visit.

-You may do as much walking as you like immediately following the procedure. We ask that you refrain from running or high impact aerobics until after the first 48 hours. Following that, you may exercise without your compression stockings but should put them back on afterwards.

As always our dedicated staff at the Salem Skin and Vein Specialists is here to serve your needs. If you have any questions, problems, or comments please let us know. We appreciate your business and hope a positive experience with us will result in word-of-mouth referrals to your friends and family.