

Instructions after Sclerotherapy

Your treated leg will be wrapped with compression. This should be left in place round the clock for 2 days. The compression support is important. It keeps the veins collapsed. There is less of a chance that blood will re-enter the injected area.

Avoid hot baths, whirlpools or saunas for 2 weeks. These dilate the small veins. You should take a sponge bath or cover the dressing while bathing.

Avoid heavy weight lifting, sit-ups and aerobic exercises, such as jogging, for 2-3 days. This puts pressure on your belly. It could enlarge the veins by forcing blood into them.

If a large vein is used, you may be asked to return to clinic in 1-2 weeks. Your next treatment should be scheduled at least 3 weeks after the first injection.

Stay out of the sun for 2-3 weeks. The skin may darken at the injection site.

You may notice some pain at the injection site. You can take anti-inflammatory medicines (Ibuprofen or

Tylenol) for this. Avoid aspirin. This may cause increased bruising. Severe pain and/or swelling is not normal.

Call the clinic at **(608) 263-8915** if you notice:

- Redness
- Drainage
- Warmth
- Increased tenderness. Slight tenderness is normal.

Remove the compression dressing after 2 days. You may then take a normal shower. The gauze compression pads are often taped in place with paper tape. This tape may stick to the skin and cause blisters. If the tape is stuck, use gentle soap in the shower to get it off.

After the shower, apply your prescription compression stockings. It is important to keep the veins compressed. Wear your compression stockings every day for 2 weeks. You may take them off while you sleep. After this, wear the stockings as much as possible. Be sure to wear them when at work or standing for long periods.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 3/2018. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7334.