

Sclerotherapy Treatment Instructions

Pre-Treatment Instructions

- Purchase compression stockings:
Can be purchased through Amazon.com
Jobst thigh-high, open or closed toe
20-30mmHg
See website for sizing

Post-Treatment Instructions

- Walk around for 30 minutes immediately following injections
- While riding home keep legs moving, tense and relax muscles
- Maintain normal daytime activities; walk at least an hour a day
- Elevate legs as much as possible
- If legs become painful after injections, walk
- Wear compression garment at all times for 3 days and 2 nights, or as directed by your physician
- Do not participate in strenuous physical activity for the first 72 hours
- Avoid hot tubs and hot baths

What to Expect

- Swelling and/or redness normally occurs after treatment. This may last for 3-4 days
- Tiny firm bumps (small clots) may form. This is physiologic, and nothing to be concerned about
- Warm compresses may be used for any discomfort