**Injection Sclerotherapy**

**What are my instructions for after the procedure?**

- Immediately after your treatment, you may resume normal activities including going to work.
- You will be wearing 30-40 mmHg compression stockings for the next 2 weeks.
- **Do not remove** your compression stockings for the **first 48 hours** following your injection appointment (do not remove stockings to shower during this time).
- After the first 48 hours, gently remove the tape and gauze pads (some tape and pads may need to be soaked off in the tub or shower if they are not easily removed). After this, you only need to wear the stockings during the day for the remainder of the 2 week time period.
- **Wearing your compression stockings as directed is very important** because it minimizes the blood reentering the injected area (avoiding trapped blood), decreases the incidence of post-sclerotherapy hyperpigmentation (darkening of the skin), and telangiectatic matting (blushing).

**How can I manage my pain?**

- Treated areas may feel sore over the next few days, but discomfort should be minimal, you may take Tylenol (acetaminophen), Motrin (ibuprofen), Aleve (Naprosyn) or Aspirin for any discomfort.

**What activities should I avoid?**
• **Avoid** extremely hot baths, hot tubs, and saunas during your course of treatment to avoid venous dilation.

• **Avoid** sun exposure, including tanning booths, for 4 - 6 weeks or until bruising or discoloration resolves. Apply sunscreen if sun exposure is anticipated with normal daily activities.

• **Avoid** high-impact activities such as aerobics, jogging, running, and leg weight lifting for **one week** after treatment. You may engage in low impact activities, like stretching and walking.

• **Avoid** air travel for one week following treatment.

**Is there a risk of infection?**

Watch for any signs of infection. Some redness is expected. If you develop progressively enlarging areas of redness or any drainage of pus, contact our office at (734) 432-7662.

**When will I begin to see improvement?**

**Please be patient** as you await the final result of your treatment. Initially, the treated areas may appear worse because of bruising, redness, blistering, or local swelling. On average, a particular area may require 2-3 treatments before improvement is noticeable.

**Will there be any follow-up?**

We recommend follow-up and additional treatment in 2 weeks.

Please call our office at (734) 432-7662 if you have any questions or concerns.

Office hours are 8 am to 6 pm Monday through Thursday.