

## CARE AFTER SCLEROTHERAPY

### **Discomfort**

- You may feel discomfort such as mild aching or tenderness for one to two days after your treatment.
- You may take acetaminophen (Tylenol®) or ibuprofen (Advil® or Motrin®) to relieve discomfort.

### **Injection Site**

- You may have bruising on your legs for 10 to 14 days after your treatment. This is normal.
- You may also have some swelling (inflammation) or red raised patches of skin. This is normal and usually lasts seven to 14 days after your treatment.
- Your veins may look darker in color and/or be slightly sore. This is usually caused by blood being trapped in the closed vein. This is normal and the color will fade over time.
- You may put lotion on your legs as needed for dry skin.

### **Activity**

- You may return to work after your treatment.
- Wear your prescription-strength compression stockings for the first 24 hours after your treatment, including at night.
- You may continue to wear your prescription-strength compression stockings during the day or when you are active (such as taking a walk) for one week after your treatment to provide comfort. You can take them off at night while you sleep.
- You may take a shower or brief tub bath. Pat dry gently.
- Do not get into a whirlpool (including a Jacuzzi®), swimming pool or sauna for 10 days after your treatment.
- Do not shave your legs for two days after your treatment.
- Keep your legs out of the sun for two weeks after your treatment. Areas on your legs that have been treated will be tender and could easily burn.
- Exercise will help your legs heal and feel better. Go for a 20-minute walk or bike ride one or two times each day.
- If you are already involved in a regular exercise program, it is OK to continue. Your legs may be sore for one or two days after your treatment. This may affect your ability to do strenuous exercise or activities.

### **When to Call your Health Care Provider**

Call your health care provider if you have any of the following:

- A fever of more than 101 degrees Fahrenheit
- Increased tenderness or pain at the injection site(s)
- Questions or concerns about your recovery

### **Future Appointments**

Bring a pair of comfortable shorts to wear during your treatment and your prescription-strength compression stockings to your future appointments.