

SCLEROTHERAPY POST-OP PATIENT INSTRUCTIONS

IMMEDIATELY AFTER PROCEDURE:

Expect to have minimal to mild pain, bruising, cramping, and swelling for the first 24 hours following therapy.

DAYS 1-2:

- ✓ Leave all taped gauze in place for 48 hours after the procedure
- ✓ Take over-the-counter Tylenol per directions as needed for pain
- ✓ Avoid Motrin and Aspirin
- ✓ Take over-the-counter Benadryl per directions as needed for itching
- ✓ Use ice packs for the especially sore areas
- ✓ Elevate legs for addition pain relief
- ✓ Resume normal diet and medications
- ✓ Resume normal daily activities, however, strenuous activities such as high impact aerobics, running, and weight lifting should be avoided
- ✓ Walk at least one hour per day
- ✓ No hot baths or hot tubs
- ✓ Shower with your dressings wrapped in plastic or take a sponge bath

Notify office at (978) 462-8006 for increasing pain, persistent itching or rash, progressive areas of redness, warmth of drainage, fever, swelling, persistent bleeding, lump formations, shortness of breath, chest pains, or leg numbness.

DAY 3 up to 2 WEEKS:

- ✓ Remove all bandages after 48 hours
- ✓ Treated areas will be red-purple in color with some bruising
- ✓ Wear compression stockings during the day hours for the next 14 days (Put on in the morning and take off before bedtime)
- ✓ Use a triple antibiotic ointment per package instructions on any ulcers or tape blisters
- ✓ You may shower with stockings off, but continue to avoid hot baths and hot tubs
- ✓ Resume normal athletic activities as tolerated

Contact the office at (978) 462-8006 for any additional concerns, questions, or to schedule another sclerotherapy treatment appointment, 2-3 weeks are needed between each treatment.