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## Post-op Patient Information: Sclerotherapy

If you have undergone Sclerotherapy at the Vein Healthcare Center, it is important to be informed about post-operative requirements. Following guidelines for care after your treatment will help promote the most effective healing so you can return to your daily routine and start experiencing a comfortable, symptom-free life as soon as possible.

Exceptional patient care is our first priority. If you have any questions following your appointment, please call the Vein Healthcare Center at 207-221-7799. We are available to answer questions and address any concerns you may have.

### **After Your Sclerotherapy Procedure**

Immediately following the procedure, you will be asked to put on your compression stockings. Compression stockings should be worn for between 5 and 14 days, depending on the scope of treatment.

You may return to regular activities immediately following your procedure unless otherwise instructed by the physician.

### **After You Leave Our Office**

Knowing what to expect after your appointment and understanding all recommendations and restrictions is important following Sclerotherapy.

### **What to Expect**

Immediately following Sclerotherapy, it is common to experience itching in the treated leg. Itching is temporary, and will resolve in approximately 1 hour. Pain or discomfort following treatment is highly variable from patient to patient, and while some patients may experience some pain, some may feel no discomfort at all following the procedure. In most cases, ibuprofen is effective in alleviating minor pain. If the treated area becomes red, hot to the touch, or tender, contact the Vein Healthcare Center immediately.

Approximately two weeks following the procedure, you will detect hard bumps in the area of the treated vein. These should resolve over time and are expected to disappear over the course of several months. If you experience any pain during this time, or if these bumps become tender, call the Vein Healthcare Center immediately.

Occasionally, brown staining will appear at the treatment site. This can be caused by taking certain medications or exposure to sun. Typically, this staining is temporary and will resolve within a year of treatment.



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## **Rx**

Most patients can resume their regular routine following Sclerotherapy unless otherwise directed.

## **Restrictions**

Restrictions during the first five days following your Sclerotherapy procedure include avoiding the following:

- Heavy lifting
- Hot tubs
- Strenuous physical activity while standing

## **Your Return Visit**

Patients are asked to return for additional treatment to complete therapy. Sclerotherapy typically requires anywhere from 3 to 6 treatments over the course of a 6 to 8 week period.

## **Do you have questions?**

If you have any questions or concerns following your procedure or before your return appointment, please call our office at 207-221-7799. Your care and comfort is our number one priority.