

## The Vein Center at CSA

### Post-Operative Instructions for Sclerotherapy:

- It is **most important** for you to **elevate your legs** above your heart for as much of today as possible. Continue this for the next two to three days. Continue to elevate your legs whenever possible for at least the next week. Elevating them will make you more comfortable.
- The treated leg or legs will have compression stockings and or Ace bandages in place after the sclerotherapy procedure. Leave the stocking/s and or the Ace bandages until the next morning. When you arise in the morning, remove the stockings and or the Ace bandages and the gauze dressing that will be under the stockings. Discard the gauze dressings and do not re-apply.
- Now you may shower
- Put the compressions stocking/s only back on immediately following the shower and wear them all day. You do not sleep with the stockings on after the first night.
- The treated areas will be painful for the next five to seven days. There will be redness and tenderness to the touch. This is not unusual. If untreated areas of the skin begin to discolor, please call the office.
- Avoid direct exposure to the sun on the treated areas for the next two weeks.
- If you have bleeding at any time from the treated sites, apply direct pressure for ten to fifteen minutes. If the bleeding continues after pressure has been applied, call the doctor immediately.
- We will see you in three to four weeks after your procedure. At that time, additional appointments will be scheduled as needed. Call the office if there are any questions or concerns not covered in these instructions.
- **We strongly recommend that you wear your compression stockings daily.**