



## LEG CARE AFTER SCLEROTHERAPY

Now that your sclerotherapy procedure is complete, you may resume normal activities with only a few exceptions and suggestions for the next **TWO WEEKS**:

1. You are encouraged to walk at least 5 minutes every hour while you are awake.
2. Please refrain from swimming, using a hot tub/Jacuzzi/sauna or taking a hot bath. You may shower and clean the treated leg, but try to avoid submerging the leg in water.
3. Please refrain from straining, lifting over 10-20#, vigorous gym exercise or running for at least 72 hours following your procedure.
4. Do not fly on an airplane for one week following your procedure. If you travel by vehicle, you need to stop and walk for at least 5 minutes every hour.
5. It is normal to experience bruising, soreness, redness, formation of a small lump along the treated veins and a tightening sensation in the 2-3 week period following treatment. This should begin to subside after two weeks.
6. To decrease inflammation around the treated vein which may cause an aching type of discomfort you may take: (if abdominal discomfort develops, please discontinue)
  - a.  Ibuprofen \_\_\_\_\_ mg \_\_\_\_\_ times a day with food for 3 – 4 days
  - b.  Continue taking the NSAID you are currently on.
  - c.  Tylenol 500 mg three times a day for 3 – 4 days.
  - d.  Anti-inflammatories are not advised for you.
7. Wear the stocking on the treated leg for 4-5 days around the clock. You may take it off briefly only to shower. Continue wearing the stocking for 10-14 days during the daytime only. Remember the more you wear your stockings, the better the results will be with fewer complications.
8. If you experience leg swelling, chest pain, shortness of breath, difficulty breathing or substantial pain, give us a call at 307-527-7129.

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