



LEG CARE AFTER VISUAL 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 vigorous (to the point of sweating) gym exercise or running for 2-3 days following your procedure.
4. Please refrain from flying in an airplane for at least one week. If you travel by car in the next few weeks, you should stop and walk for at least 5 minutes every hour.
5. It is normal to experience bruising, soreness, redness, formation of small lumps along the treated veins and a tightening sensation in the 2-3 week period following treatment. The treated veins may appear a brighter red color. This should begin to subside after two weeks. You may notice brownish staining of the skin that may take many months to resolve.
6. To decrease inflammation around the treated veins which may cause an aching type of discomfort you may take: (if abdominal discomfort develops, please discontinue)
 - Ibuprofen _____ mg _____ times a day with food for 3 – 4 days
 - Continue taking the NSAID you are currently on.
 - Tylenol 500 mg three times a day for 3 – 4 days.
 - Anti-inflammatories are not advised for you.
 - Apply an ice pack to the treated areas for 20 minutes 2-3 times a day for 2-3 days
7. Wear compression stockings for 24 hours on the treated legs. If you have foam/tape dressings, you may remove them when you shower. Continue wearing the stockings for two to three weeks during the daytime only. Remember the more you wear your stockings, the better the results will be with fewer complications.
8. For best results, maintain an active lifestyle, healthy weight and wear your compression stockings if you are standing or sitting for a prolonged period of time. In addition, avoid direct sun exposure for 2-4 weeks after your vein procedures.
9. It may take multiple treatments (typically 2-5) to obtain your desired result. It takes 6-8 weeks to evaluate your response to a treatment session. In addition, laser treatments may be recommended for you to complete your treatment.
10. 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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