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Sclerotherapy Postoperative Instructions

1. Please wear your stockings for about 24 hours after the procedure without taking them off. The key to successful sclerotherapy is to compress the vein well. This allows the vein to collapse after the injection is performed, then to vanish over time.
2. Once you take off your stockings, please wear them on a daily basis for about 3 weeks. That means put them on in the morning, and take them off at night. You don't have to wear them in bed.
3. Please be aware that your legs may look bruised for a few weeks after the injections. Also, some of the veins may turn dark, and feel like little lumps under the skin. This is normal, and these veins will disappear slowly over several months. Also, please be aware that several treatments are often needed to produce good results. Some persistent veins may need to be injected multiple times before they disappear.
4. Please avoid strenuous activity (i.e. spin class, long runs) for about 5 days. Walking is encouraged, as is regular daily activity.
5. If more treatments are needed, they should be scheduled at least one month apart. Remember that legs often look worse before they look better, so be patient. After about 4-6 weeks, you will see whether or not additional treatments are required.
6. If pain medication is needed, take ibuprofen (motrin or advil) or acetaminophen (Tylenol). Usually, any discomfort from sclerotherapy will go away after about an hour or less.
7. If you experience redness, ulceration, or any unusual symptoms, please call us at 650-991-1122. After hours, this line is directed to the answering service, and I can be reached if needed.