

SCLEROTHERAPY

Discharge Information

ACTIVITY

- Walking immediately after the procedure is encouraged
- Normal daily activity can be resumed, but **avoid rigorous activities which cause pounding on the soles of feet** (running, tennis, aerobics, jumping).
- Do not swim for one week following your procedure.
- Avoid direct sun exposure to the treated area for one month after the treatment.

Instructions for Showering & Compression Stockings

- Wear compression stockings for the **first 24 hours immediately following** the procedure. Do not shower or disturb the dressing during this time.
- **After the first 24 hrs - you may shower** as usual and remove the cotton balls. Remove your compression stockings before showering and put them back on after showering.
- **After the first 24 hours, wear the stockings during the day only** and off at night for ____ days.

SYMPTOMS MANAGEMENT

- Some mild discomfort may be present for several days after the procedure.
- Take Ibuprofen 400 mg (Motrin, Advil) every 6 hrs, as needed for soreness.

WHAT TO EXPECT AFTER THE PROCEDURE

- Bruising and soreness along the treated segment of your leg.
- Areas of discoloration or lumpiness along the treated vein
- Small patches of new spider veins

FOLLOW-UP CARE

- Additional sclerotherapy treatment may be necessary.
- **Please confirm future appointments with ICON clinic 503-467-4647.**
- **Always bring your compression stockings to your appointments.**
- On the day of sclerotherapy sessions, do not shave or moisturize legs.

WHEN TO CALL

- Breakdown of skin over injection site
- Leg swelling

If you experience any of these problems, please, call the Interventional Radiology Department at 503-413-7127 or clinic at 503-467-4647 and ask them to page the Interventional Radiologist on-call. The Legacy Good Samaritan Hospital Emergency Room is also available 24 hours a day at 503-413-7260.