

HOME INSTRUCTIONS POST SCLEROTHERAPY INJECTIONS

Office Phone: (847) 468-9900

- **Please bring your stockings to each appointment.**
- **Wear compression stockings for a minimum of 5-7 days following treatment.** Compression stockings aid in shrinkage of the treated veins, improve blood circulation and lessen the risk of blood clots to the leg.
- **Surface injections:** If surface injections were performed by our nurse, please wait 24 hours before engaging in any exercise.
- **Ultrasound guided injections:** If ultrasound guided injections are performed by the doctor, mild exercise (walking, bicycling, swimming, elliptical trainer) is encouraged the first week following injections. **Avoid** strenuous exercise such as running and leg weight training for days. Wear your compression stockings if possible. Gradually increase your activity as your post-treatment soreness fades.
- Expect some pain. Your legs will feel “tight” and you may feel cramping or aching. **Bruising** from mild to large, dark purple areas are common. Please use Tylenol (acetaminophen) for discomfort.
- The **inflammation** in the vein may result in swelling to areas of the leg. This inflammation may extend into the skin, causing large red “blotches” that is mildly painful. Apply a cool pack and use acetaminophen (Tylenol) as needed. The redness usually resolves within 12 to 48 hours. **Avoid anti-inflammatory medications for 48 hours after treatment. This includes: ibuprofen (Advil, Motrin, Nuprin), Naprosyn (Aleve, Naproxen) and aspirin.**
- **Avoid** prolonged exposure to the sun and wear SPF 30 sunscreen on treated areas until all bruising has healed. Exposure to UV rays (from the sun or tanning booths) is thought to increase the risk of hyperpigmentation (brownish staining) to areas of treated skin.
- **Avoid** long distance air or car travel (greater than 3 hours) for 72 hours after treatment
- **Flu-like symptoms** may develop. Muscle aches, chills, fever and nausea may occur. This may last 4 – 48 hours and should be treated with Tylenol and drinking more liquids.
- **Lumps and swelling** – After you have finished elevating, you may notice mild to significant ankle/calf swelling, especially worse as the day progresses. This usually resolves in several days. One or two persistent lumps along the treated veins are very common and eventually go away.
- **“Trapped blood”** is common. This is old blood retained in the veins after treatment. The area will feel hard and lumpy and it can be tender to touch. It is associated with mild bruising and redness to the skin. Trapped blood is treated if symptomatic or interfering with vein closure.

Please call us if you have any problem different than above or severe symptoms! We are always on call. Phone (847) 468-9900. After office hours, you will have the option of reaching the doctor if you have an urgent medical concern. Please talk to us before calling your family doctor or going to an emergency room. If you do go to the hospital, let the staff know that you are in treatment with us.

Stephen Sorenson, M.D. and Celina Perlberg, R.N.