

POST-SCLEROTHERAPY DISCHARGE INSTRUCTIONS

Immediately after procedure

Expect to have minimal to mild discomfort, bruising, cramping, and swelling for the first 24 hours after therapy.

Day 1 to 3

- Wear prescribed compression stockings for a continuous 3 days after procedure.
- Leave all taped gauze in place for 3 days after procedure.
- Take over-the-counter Tylenol per directions as needed for pain.
- Avoid Motrin and aspirin.
- Take over-the-counter Benadryl per directions as needed for itching.
- Use ice packs for especially sore areas.
- Elevate legs for added pain relief.
- Resume normal diet and medications.
- Resume normal daily activities, but avoid strenuous activities such as high-impact aerobics, running, and weight lifting.
- Walk at least one hour per day.
- Avoid hot baths and hot tubs. Shower with your stockings or take a sponge bath.

Notify the UAB Vein Clinic at (205) 996-8346 of increasing pain, persistent itching or rash, progressive areas of redness, warmth or drainage, fever, swelling, persistent bleeding, lump formations, shortness of breath, chest pains, or leg numbness.

Day 3 to 2 weeks

- Remove prescribed compression stockings and all bandages on day 3.
- Treated areas will be red-purple in color, with some bruising.
- Wear compression stockings during daytime hours for the next 2-3 weeks (put on in the morning and take off before going to bed).
- Use a triple antibiotic ointment per package instructions on any ulcers or tape blisters.
- You may shower with stockings off, but continue to avoid hot baths and hot tubs.
- Resume normal athletic activities as tolerated.

Contact the UAB Vein Clinic at (205) 996-8346 for any additional concerns or questions.

To schedule another sclerotherapy appointment, call the UAB Vein Clinic Scheduler at (205) 996-8346.

Four to six weeks are needed between treatments.

