

Sclerotherapy

ACTIVITY

Walking immediately after the procedure is encouraged.

Normal daily activity can be resumed, but **avoid rigorous activity 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 hours 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 hours, 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 (617) 726-8314.

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

Call Vascular Radiology Department at (617) 726-8314.



MASSACHUSETTS
GENERAL HOSPITAL

Department of Radiology
www.massgeneralimaging.org

