



New England Heart & Vascular Institute

Vein & Vascular Specialists

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Sclerotherapy Pre and Post-Procedure Instructions

As you are required to wear compression stockings and there may be bruising/swelling associated with the treatment, it is advisable to schedule treatments several weeks prior to or after special occasions and/or vacations that might be impacted by these factors.

Pre-Treatment Instructions: (before your treatment)

- **Bring your compression stockings with you on the day of the procedure.**
- Do not shave or use depilatories on legs the day of the procedure.
- Do not apply lotion to your legs on the day of the procedure.
- Avoid bronzers or tanning lotions on your legs the week of your procedure.
- Bring loose-fitting bottoms to wear after treatment.
- Your legs may be bandaged with cotton ball and adhesive tape. Please let us know if you have allergies to adhesives or latex.

Post-Treatment Instructions: (after your treatment)

- In order to optimize your results, please wear thigh high stockings overnight.
- You may shower the morning after your treatment. Please wear stockings during the daytime for the next two weeks as much as you can tolerate them. Do not sleep in your stockings after the first night.
- No vigorous activity for 24 hours. Walking is fine.
- No hot tubs or swimming for 24 hours.
- No flying for 48 hours after procedure.
- Expect possible bruising for approximately one week after procedure.
- Pain after sclerotherapy is usually minimal and goes away after 1-2 days.
- If swelling occurs over an injection site, elevate and apply ice to the affecting leg.
- Call if you develop blisters at the injection sites, excessive redness in the leg, fevers, visual changes, or increasing swelling pain.