



Post Sclerotherapy Instructions

- Wear compression hose overnight on the day of treatment, then only when up and around for the next 5 days
- The veins will look worse before they look better. Bruising is normal.
- Occasionally, there is a hard knot that may be tender. This is normal and will resolve. You can take extra strength Tylenol to relieve discomfort.
- Occasionally, there is a brownish discoloration after injections. This is temporary and will fade over time. It can take several months to fade. Avoid sun exposure in these areas until they fade.
- Follow up in 4-6 weeks for next treatment.
- You can resume exercise activities in after 48 hours, light exercise is okay.