

Post Operative Instructions *Injection Sclero Therapy*

- *Wear compression stocking for 3 days (some patients wear them longer due to comfort reasons).*
- *Sleep in the hose for the first night.*
- *The treated leg shouldn't get wet for the first day.*
- *Most discomfort can be relieved by Advil or Tylenol.*
- *Some inflammation, tenderness and bruising is very common.*
- *If you notice any areas of redness that worsens after 3-4 days call Dr. McQuaid's office.*
- *Darkness of the skin along the injection site is a common side effect; it is caused by the hemoglobin in the blood. This will improve with time. If the discoloration persists after 3-4 weeks we can prescribe an at home bleaching agent.*
- *No sun during the healing process (one week). The sun will cause the darkness of the skin to be intensified.*
- *Sun screen is important on a regular basis but is mandatory for the first 2-3 months after the sclero treatment. Spray on tanners or lotions are okay.*
- *Walk, walk, walk. 20 minutes twice a day is encouraged. Avoid strenuous exercise such as aerobics, weight training, or running for about 2-3 days.*