



## **SCLEROTHERAPY**

*Please read this carefully and call us with any questions.*

### **Pre-Procedure Instructions**

***You need to keep your legs out of direct sunlight for 5-days prior to your procedure.***

### **Post-Procedure Instructions**

#### **Recovering at Home**

At first, as a result of the procedure, your legs will most likely be bruised. And, for a brief time they may even appear to look worse than they did before the treatment. However, this is not a cause for concern as you can expect to see beneficial results in 6 to 8 weeks.

To maximize the potential for the best outcome, the following are several helpful activities you can do:

- Begin by wearing elastic stockings or bandages as directed.
- Elevate your legs as instructed to help reduce swelling.
- Walk each day to increase blood flow. You need to keep your legs out of direct sunlight for 5-days.
- Follow your primary health care provider's advice regarding other forms of exercise.

#### **When to Call the Vein Institute**

Please call the Vein Institute immediately if you experience any of the following:

- Pain in your legs or feet
- Bleeding at injection sites
- Extreme swelling or bruising
- Fever
- Chest pain

***We welcome your call if you have any questions: 978-922-8346***

Thank you