



## Vanderbilt Vein Clinic

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# Post-Sclerotherapy Discharge Instructions

### Immediately after procedure:

Expect to have minimal to mild pain, bruising, cramping and swelling for the first 24 hours after therapy.

### Day 1 to 3:

- Wear prescribed compression stockings for a continuous 72 hours after procedure.
- Leave all taped gauze in place for 72 hours after procedure.
- Take over-the-counter Tylenol per directions as needed for pain.
- Avoid Motrin and Aspirin.
- Take over-the-counter Benadryl per directions as needed for itching.
- Use ice packs for especially sore areas.
- Elevate legs for added pain relief.
- Resume normal diet and medications.
- Resume normal daily activities, except you should avoid strenuous activities such as high impact aerobics, running, or weight lifting.
- Walk at least 1 hour per day.
- No hot baths or hot tubs. Shower with your stockings or take a sponge bath.

**Notify the Vascular Surgery Office at (615) 322-2343 for increasing pain, persistent itching or rash, progressive areas of redness, warmth or drainage, fever, swelling, persistent bleeding, lump formations, shortness of breath, chest pains, or leg numbness.**

### Day 3 to 2 weeks:

- Treated areas will be red-purple in color, with some bruising.
- Remove prescribed compression stockings and all bandages on day 3
- Wear compression stockings during day hours for next 14 days (put on in the morning and take off before going to bed).
- Use a triple antibiotic ointment per package instructions on any ulcers or tape blisters.
- You may shower with stockings off, but continue to avoid hot baths and hot tubs.
- Resume normal athletic activities as tolerated.

**Contact Vascular Surgery Office at (615) 322-2343, for any additional concerns or questions. To schedule another sclerotherapy appointment (4-6 weeks are needed between each treatment), call the Vanderbilt Vein Clinic Scheduler at (615) 343-2887.**

