



Sclerotherapy Post Procedure Instructions

Apply stockinette and ace wrap immediately following the treatment. Sleep in them overnight the first two (2) nights and then wear your graduated compression hose daily (during waking hours) for at least 1 week.

Walk at least 20 minutes immediately following procedure and every day.

Avoid prolonged heat exposure, i.e. tanning bed, long, hot tub bath, sauna, Jacuzzi, etc.

Avoid running or jogging, high impact aerobics, long periods of standing or sitting for 1-2 weeks.

Expect veins to look darker before improving in approximately 4 weeks.

Remove cotton balls and tape in the morning (if used).

Bruising is common and may persist up to 10 days.

Contact the office at 205-815-4800 for any other concerns.

Follow up appointment_____

Patient Signature_____