

**After Sclerotherapy Instructions**

1. Wear your compression stockings for 7 days total. For the 1st 24 hours after treatment, wear the stockings continuously (without removal of the stockings). Then, wear the stockings for 6 more days, during your waking hours

\*\*\*It is recommend the spot compression (gauze rolls) with tape are removed the morning after treatment. However, the tape may irritate your skin; it is oaky to take them off if uncomfortable. Please make sure to wear your compression stockings\*\*\*

1. Avoid NSAIDs (Non-Steroidal Anti-Inflammatories) such as Aspirin, Advil (Ibuprofen), and Aleve (naproxen) for 48 hours after your sclerotherapy treatment
2. Avoid hot baths and hot tubs for 48 hours; heat dilates the veins
3. Avoid sun exposure, tanning beds, including self tanner for 7 to 10 days
4. Avoid high-impact activities, such as running, and heavy lifting that causes straining for 7 to 10 days

Please remember that yours legs will look worse before they look better.

**Any Questions or Concerns please call:**

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