

Sclerotherapy Post Care Instructions

- Expect to have minimal to mild pain, bruising, and swelling for the first 24 hours.
- Typically, the veins will look worse before they look better.
- Bruising is normal.
- Occasionally a small hard knot will develop which may be tender. This is normal and will resolve with time.
- Occasionally there is brownish discoloration as the vessels disappear. This will resolve with time.
- Try not to expose the treated areas to UV rays as this could cause pigment changes that will last longer. Always wear sunscreen.
- Occasionally tenderness can occur in the treated area. This should be minimal to mild.
- Do not swim or use a hot tub for 5-7 days following treatment.
- Wear your compression stockings daily for one week. If you do not have compression stockings, you may wear strong support hose. After the first 24 hours, you can wear them during the day only. The hose can also be removed when working out.
- Avoid strenuous exercise for the first 24-48 hours after treatment.

Results typically take 4-6 weeks. Most people need several treatments to reach desired results. Areas can be reinjected every 4 weeks. If you have any concerns or questions, please feel free to contact us at 512-815-0123.