

**Northern Illinois Vein Clinic, LLC**  
**Before/After Sclerotherapy Instructions**

**BEFORE SCLEROTHERAPY:**

- Take all your usual medications the day of your Sclerotherapy unless otherwise instructed.
- Shower the morning of your Sclerotherapy. Do not use moisturizer on your legs. Do not shave your legs on the morning of your Sclerotherapy.
- Please remember to bring your compression stockings if you have already received them. If you have not already received them we will have them here for you on the day of your treatment.

**AFTER SCLEROTHERAPY:**

- Walking is very important after your sclerotherapy. Walking will speed up your recover.
- You may experience some discomfort after your treatment. Walking will help to reduce the pain. You may take over-the-counter **pain medication** such as: Ibuprofen or Acetaminophen. Take them as per instructions on the label.
- **Expect** bruising, swelling, tightening sensation, lumps and temporary darkening of the color of your skin/vein after sclerotherapy. This should begin to subside after 2-3 weeks. Avoid tanning your legs until this discoloration fades.
- Any vessels that appear dark and lumpy may be due to entrapment of blood in the closed vessel, a normal response to the treatment, and will be evacuated by the physician at the time of your next treatment session if necessary.
- You will need to **wear a compression stocking** 1 full day and night after sclerotherapy without removing it at all. Your stocking will be snug but your toes should be warm and free moving. On day 2 \_\_\_\_\_ you may remove the stocking for a short lukewarm shower. This stocking should be worn during the day for the next 6 days. Until \_\_\_\_\_. During these 6 days you should remove the stocking only to sleep or shower.
- For 1 week after your procedure, avoid strenuous exercise such as impact aerobics, weight lifting, bicycling and running for 1 week unless discussed and told differently by the Physician.
- Please **refrain** from hot tubs, saunas, baths and hot showers for 1 week following your procedure.
- **Do not** fly for one week following your procedure.
- **Always bring you compression stockings with you to all appointments**
- *If you are experiencing extreme pain, bleeding, drainage, rash, increasingly raised red/hot area or fever notify the office.*

**PLEASE CALL 815-316-8346 IF YOU HAVE ANY QUESTIONS OR CONCERNS. YOU MAY ALSO EMAIL YOUR QUESTIONS OR CONCERNS TO [NIVEINCLINICPA@GMAIL.COM](mailto:NIVEINCLINICPA@GMAIL.COM)**

