



Patient Information Sheet: Sclerotherapy

Please follow these instructions carefully. If you have any questions or concerns after you leave the office please contact our office immediately and we will be happy to assist you.

1. Wear your Sigvaris compression hose until the morning. You may then shower and immediately put them back on.
2. If you have excessive bruising or bruise easily, 1000mg of Vitamin C with Bioflavonoid may be taken every day (500 mg each morning and 500 mg each evening). This will help the bruising to heal faster.
3. Wear our stocking as much as possible for at least 7 to 14 days except sleep. This is only necessary for the first one or two night. Compression stockings after Sclerotherapy are very important to achieve optimal results and minimize side effects. You can NEVER wear them too much!
4. Only wash your stocking by hand with Sigvaris stocking soap or Ivory soap and hang to dry. Do not place in the washer or dryer. Failure to do so will significantly decrease the life of your stockings.
5. Avoid manipulating the areas around the injection sites.
6. Exercise is an important part of the healing process. Stay active the day of your treatment. Do not lie around the house with your feet up. Activity and even a good 1-2 mile walk are beneficial. After the first day there is no restriction on activity, but try not to bump the areas if exercising. Heavy-impact exercise like running or aerobics and weightlifting are not recommended for seven days.

*A 20 minute walk or bike ride twice a day is best for the healing process

*Sun exposure is not recommended for 5 days after your treatment

*Sunscreen is always recommended after the 5 days

*You may experience slight discomfort such as aching or throbbing for the first day or two after your treatment. Walking will help to dissipate the sensation.

*The vessels may appear to turn dark in color and/or be slightly tender. This could be entrapment of blood in the closed vessels, a normal response to the procedure, and will be evacuated at the time of your next treatment session.

*Hot tubs, saunas and long baths are not recommended for one week following the treatment.

7. Mild bruising and soreness can be expected. If you have any severe pain, swelling or bruising contact our office immediately!

**After hours contact Marilyn Gilroy at 423-341-1065
or Amy Powers-Spa Manager at 803-422-9573**

8. When returning for treatment, do not put any lotion or oil on your legs for 2 days before each treatment sessions. Do not shave your legs the morning of your treatment.

It is important to remember that it has often taken years for these veins to develop and they will not disappear overnight. About 10-14 days you will begin to see the fading and lightening of your veins. Please be patient and allow time for healing to occur.

***Always bring your hose with you for further treatments!**