

## **POST SCLEROTHERAPY INSTRUCTIONS**

1. You may remove the cotton balls and tape 6 hours after the completion of your procedure; you must then reapply your hose. Do not shower or bathe at this time.
2. You may not remove your hose for **24** hours or until the evening after your procedure (at which time you may shower). Please reapply the following morning and wear for the next **3-4** weeks (per the Doctor's instructions), when you are on your feet the most (a minimum of 8-10 hours per day). For the longevity of your hose we recommend that you wash them by hand and hang them to dry. It is also beneficial to purchase a pair of rubber gloves to help in the application of the hose.
3. Do not apply Band-Aids or antibiotic ointment to the injection sites as it can cause a severe reaction with the sclero. If a small irritation does develop at the injection site please keep it clean and dry with soap, water and gauze coverings.
4. Bruising and lumps are a normal reaction to the injections and will disappear in time. It is not uncommon to experience a varying degree of a burning sensation or an ache for a short period of time following your procedure. Tylenol is usually sufficient to help with this discomfort.
5. If you develop an intense heat, drainage or severely increasing tenderness, please call the office at **314-849-0923** or **877-849-0923** to speak to a nurse.