

# POST SCLERO THERAPY INSTRUCTIONS

## **Stockings:**

- You will need to wear your stockings for 2 weeks (even when sleeping at night).
- After the first 72 hours (3 days), you may take the stocking off for short periods of time to shower, swim, etc. or you may shower with the stocking on and dry it afterwards with a hair dryer. **\*PLEASE TAKE CAUTION WHEN GETTING IN AND OUT OF THE SHOWER, STEP WITH THE LEG THAT HAS NO STOCKING FIRST AS THE IT MAY BE SLIPPERY\***
- If the stocking becomes unbearable after 7 days, it may be removed at night.

## **YOU MUST WALK FOR 10 MINUTES AFTER THE PROCEDURE BEFORE YOU GET INTO THE CAR TO DRIVE HOME!**

You will feel hard little lumps or rope like lumps under the skin following injections. The area may get reddened and tender to the touch. These are the veins closing under the skin. The body will slowly reabsorb this and it will get smaller, usually going away in about 3-6 months.

**If you see areas of brown discoloration with palpable lumps 2 weeks after the procedure, call the clinic for a follow up appointment.** The brown discoloration at the site of injection will occur in 20-30% of patients and may up to 6 months to 2 years to completely resolve.

## **THINGS TO KEEP IN MIND:**

- Avoid the sun while bruised. If you must be in the sun, use sunscreen (at least SPF 30) on your legs and cover the bruised areas with a cloth.
- Avoid hot tub baths (regular showers are allowed)
- Avoid lifting over 30 lbs and jumping or running.
- Avoid sports like tennis, volleyball or football for 2 weeks.

Walking/brisk walking and regular household activities are allowed.

Ice and mild anti-inflammatories such as Tylenol, Advil, and Aleve may be used for the first 5-7 days to help the healing process. This will reduce swelling, bruising and pain.

**IF THERE IS ANY SEVERE PAIN, SWELLING, FEVER OR THE INJECTION SITE TURNS HOT AND RED AND LOOKS INFECTED, CALL US AT 386-304-3404 BETWEEN 9-5 Mon-Fri. AFTER HOURS: CALL DR. SINGIREDDY at 386-453-4887 ON HIS CELL.**

**IF YOU EXPERIENCE SHORTNESS OF BREATH OR CHEST PAIN, REPORT TO THE NEAREST EMERGENCY ROOM.**