

Sclerotherapy, Care After

Introduction

This sheet gives you information about how to care for yourself after your procedure. Your health care provider may also give you more specific instructions. If you have problems or questions, contact your health care provider.

What can I expect after the procedure?

After the procedure, it is common for you to have:

- Swelling.
- Bruising.
- Soreness.
- Mild skin discoloration.
- Slight bleeding at any injection areas.

Follow these instructions at home:

Injection site care

- Follow instructions from your health care provider about how to take care of your injection or puncture sites. Make sure you:
 - Wash your hands with soap and water before you change your bandage (*dressing*). If soap and water are not available, use hand sanitizer.
 - Change your dressing as told by your health care provider.
 - Leave skin glue or adhesive strips in place. These skin closures may need to stay in place for 2 weeks or longer. If adhesive strip edges start to loosen and curl up, you may trim the loose edges. **Do not** remove adhesive strips completely unless your health care provider tells you to do that.
- Check your injection or puncture areas every day for signs of infection. Check for:
 - Redness, swelling, or pain.
 - Fluid or blood.
 - Warmth.
 - Pus or a bad smell.

General instructions

- Take over-the-counter and prescription medicines only as told by your health care provider.
- **Do not** use lotions or creams on your legs unless your health care provider approves.
- **Do not** use any products that contain nicotine or tobacco, such as cigarettes and e-cigarettes. If you need help quitting, ask your health care provider.
- Wear compression stockings as told by your health care provider. These stockings help to prevent blood clots and reduce swelling in your legs.
- Wear loose-fitting clothing.
- Get regular daily exercise. Walk, or ride a stationary bike daily, or do other activities as told by your health care provider.
- Return to your normal activities as told by your health care provider. Ask your health care provider what activities are safe for you.
- Keep all follow-up visits as told by your health care provider. This is important.

Contact a health care provider if:

- You have a fever.
- You have redness, swelling, or pain around your injection areas.
- You have fluid or blood coming from your injection areas.
- Your injection areas feels warm to the touch.
- You have pus or a bad smell coming from your injection areas.

Get help right away if:

- o You pass out or faint.
- o You have very bad pain in your leg.
- o You have leg pain that gets worse when you walk.
- o You have redness or swelling in your leg that is getting worse.
- o You have trouble breathing.
- o You cough up blood.

Summary

- o Swelling, bruising, and soreness are common after the procedure.
- o Check your injection or puncture areas every day for signs of infection.
- o Make sure you wear your compression stockings.

First Completed: — | Last Completed: — | Last Completed with Full Clinical Review: —
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