

### **SCLEROTHERAPY AFTER CARE**

- It is crucial to walk immediately after the treatment.
- There should be no jogging, swimming, or other high impact physical activities for 7-10 days after treatment.
- Sun exposure must be limited for 2-4 weeks after the treatment. If it is necessary to go into the sun, always use SPF 30 or greater.
- Use of medical support hose, 20-30 mmHg compression, is recommended for 2-3 weeks post treatment whenever you are upright, meaning you do not need to wear them to bed. You also do not need to wear them in the shower. Thigh high is best if veins were treated at the knee or higher. Hand wash and hang dry the hose to help them last longer. Any hose that you have used consistently for over 6 months should be replaced with a new set.
- Any form of heat must be limited to 24 hours after the treatment such as saunas or hot baths.
- The number of sessions needed varies between patients and even between veins. Expect anywhere from 3-8 treatment sessions may be needed for resolution of the veins.