

Sclerotherapy

Post-Treatment Instructions

1. After sclerotherapy you will be able to drive yourself home and resume your regular daily activities. Walking is encouraged but vigorous exercise should be avoided for 3-5 days.
2. The treated area should be wrapped with light compression which you will wear at all times (except for showers and sleeping) for 5-7 days. Compression stockings, ACE wrap, self-adhesive wrap or pantyhose with >15% Spandex are acceptable.
3. Avoid hot tubs and saunas for 3-5 days.
4. Avoid direct exposure to sunlight for one week following the treatment.
5. Elevate the treated area as needed.
6. Ice the treated area as needed.
7. Apply topical over-the-counter steroid as needed for irritation and itching.
8. Avoid aspirin, ibuprofen, or other anti-inflammatory drugs for at least 48 hours. Tylenol may be used for pain as directed as needed.
9. Call the office if you experience an open sore, redness, swelling or pain that does not resolve within 48 hours or is worsening. Our phone number is (802)-861-2273.

If you have any questions or concerns, contact us at (802) 861-2273 or email info@barevt.com.

*In case of emergency - please contact Jamie Spano (owner) at (802) 999-4070.