

*Center for Vein Care and Surgery  
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## **Post procedure instructions for Sclerotherapy Injection of Spider Veins**

- Immediately after the procedure, you may be required to put on support hose and walk for 10-30 minutes. Be sure to have loose-fitting slacks/skirt and comfortable walking shoes with you.
- Taped compression pads/cotton balls are gently removed twenty-four hours after your sclerotherapy procedure (your sclerotherapist will discuss the exact time with you). If you notice a developing tape allergy (redness or rash), remove the tape and put on support stockings.
- If you remove the tape prior to twenty-four hours, try and wear support hose.
- Maintain normal activities. You are encouraged to walk as much as possible and avoid standing in a single position for prolonged periods of time.
- Avoid strenuous physical activities such as high-impact aerobics, running, weight lifting, for the first 48-72 hours following your treatment.
- Avoid hot baths for 2 weeks. Cool legs with cold water after each shower.
- Avoid sunbathing and ultraviolet exposure for at least 1 week.
- Avoid Swimming in chlorinated pools for 48 hours following your treatment.
- Avoid blood-thinning medications, such as Aspirin and other non-steroidal anti-inflammatory drugs, (e.g., Ibuprofen, Motrin, Advil, Anaprox, Vioxx, etc.) for 24-48 hours following your treatment.
- Should you experience any redness or small lumps, use warm compresses several times a day. If you experience any open areas, you may use Polysporin Ointment (**NOT Neosporin**) to the affected area.
- Remember to call the office if you should have any questions or concerns regarding your treatment at 706-321-2555, ask for Amie or DeAnne.