



**GUIDELINES FOR YOUR CARE FOLLOWING
INJECTION SCLEROTHERAPY**

1. To keep the sclerosing solution in contact with the blood vessel walls, pressure is applied by placing cotton balls and tape over the treated area. These should be left on overnight and removed the following morning after sclerotherapy.
2. You may immediately return to normal activities following sclerotherapy. We recommend walking about 15 minutes following sclerotherapy. However, we recommend abstinence from jogging, aerobics, or very strenuous physical exercise for 24 hours.
3. It is normal to have some bruising, which should resolve in 1-2 weeks. It is normal to have some scabbing, which usually resolves in 1 week. If you develop sores or ulcers, which do not heal in 1 week, please notify our office immediately.
4. We also recommend wearing moderate pressure stockings/hosiery for 6-8 hours per day (while awake) for 3-6 weeks post sclerotherapy. A good example of such hosiery is: Jobst support stockings (15 mmHg).
5. We are concerned about your success with this procedure. If you have any questions, please call our office at (949) 721-8300 or after hours you can call Dr. Dimino at (949) 285-0177.