



*Good Samaritan Hospital
Vascular Surgery*

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SCLEROTHERAPY DISCHARGE INSTRUCTIONS

- Expect some redness and tenderness in the area of sclerotherapy injections.
- Bruising at the injection sites is not unusual.
- Please leave the cotton balls in place for 12-24 hours.
- It is not unusual to experience some redness and palpable veins (veins you can feel) in the area of sclerosing.
- No lifting, jogging, or aerobic classes for 72 hours after the procedure. Routine walking and climbing stairs is okay. Prolonged standing or sitting without elevation of your legs is to be avoided for the next 72 hours.
- Take Ibuprofen for discomfort.
- Ankle swelling is not unusual.
- ACE wraps or compression stockings will help with the swelling.
- Staining of the skin from blood trapped in the treated vein, may be permanent, but normally fades gradually.
- Any other questions or concerns, please call our office.

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410-512-8686

Greater Baltimore Vascular Surgery