



DALLAS VEIN INSTITUTE

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Home Instructions Following Sclerotherapy

- You may experience bruising, tenderness and swelling after treatment. This is normal and is a good sign of healing veins undergoing self-destruction.
- Some patients develop “trapped blood.” This occurs when blood is trapped in a healing vein. It may look like very dark veins, may be raised or bumpy, and/or be tender. Again this is also very common and a good sign of healing. It is very important to emphasize that trapped blood should be treated in order to relieve discomfort, speed healing, and avoid the risk of skin staining.
- Avoid taking very hot baths or showers on the day of treatment.
- Walking briskly for 30 minutes a day will help to promote the healing process. Any low impact exercise is acceptable but weight lifting and abdominal exercises should be avoided unless otherwise specified by your doctor.
- Avoid any anti-inflammatory medications such as Advil, Nuprin, Ibuprofen, Aleve, and aspirin if you have a history peptic ulcer disease or gastritis. You may take Tylenol for any minor discomfort you may experience. An ice pack on any sore area is often helpful.
- Wear Graduated Compression Stockings (30-40mmHg) for 7 days during the day.

Please feel free to contact the office at (972) 646-8346 should you have any questions or concerns.

Name: _____ Date: _____