



Greater Pittsburgh Vascular Associates

PRE AND POST PROCEDURE INSTRUCTIONS for SCLEROTHERAPY

Compression Stockings:

1. You are **REQUIRED** to wear your compression stockings for the next 2 weeks.
2. These **MUST** be worn continuously for the next 24 hours, sleeping in them for the first night.
3. After the first 24 hours, you may take your stockings off to shower (**no hot showers**), then you **MUST** put your compression stocking back on, unless you are going to bed.
4. You may take your stockings off at bedtime **AFTER** the first 24 hours.
Wearing the compression stockings less than 2 weeks will decrease the effectiveness of the procedure and possibly cause complications. **Wearing the stockings is crucial for the success of your procedure.** Therefore, you will wear your stockings to all of your office visits for the next 2 weeks post procedure.

Restrictions and Recommendations:

1. Avoid sun exposure, tanning beds and self-tanning creams for 4-6 weeks post treatment to minimize the risk of hyperpigmentation (brown discoloration) of the skin.
2. No baths, swimming pools, hot tubs or saunas for 2 weeks post treatment.
3. Avoid prolonged standing and/or sitting.
4. Avoid vigorous exercising and heavy weight lifting (>20 pounds) for 2 weeks post treatment.
5. Walk immediately after your procedure for minimum of 30 minutes, and at least twice daily for the next 2 weeks.
6. Avoid travel, if possible, for the first 2 weeks after treatment. If you have to travel, try to walk every 30 minutes.
7. Elevate your legs at rest
8. **Do not shave your legs from the day before your procedure until a few days after treatment,** while the veins are closing.
9. Please bring loose fitting shorts with you to all of your appointments.

What to expect:

1. There may be some burning, tingling, itching and/or bruising for 1-2 days post treatment. Spider veins will look darker initially after injections and often look worse before improvement is noticed.
2. Follow up appointments are scheduled in 3-4 weeks to check for any complications. **Full results may take from 6 weeks to 6 months.**
3. There is no available treatment for spider, reticular or varicose veins that is successful 100% of the time. Results are not guaranteed.

Right

Left

Bilateral

TOTAL SESSIONS: _____

Patient Printed Name

D.O.B.

Signature of Patient

Date

Our doctors, nurse practitioner and our staff are always available. Please call (412) 469-1500 and ask to speak with one of the medical assistants with any questions or concerns. If it is after office hours or on the weekend, our answering service will contact the doctor on call and he will return your call.