

Sclerotherapy Post-Treatment Instructions

- **Compression Stockings:** We recommend wearing support hose for 24 hours after your treatment. Support hose should be 20 to 30 mm/Hg compression and can be purchased at Foer's Pharmacy on 6420 Rockledge Drive, Bethesda, MD 20817.
- **Exercise:** No exercise or strenuous activities for the first 24 hours. After that you may resume on a gradual basis.
- **Bathing:** Showering is allowed immediately. You may remove your stockings to shower. Baths and hot tubs should be avoided for 48 hours after your treatment.
- **Travel:** Driving is allowed immediately after your treatment unless the trip is over 2 hours. If so, we recommend that you stop hourly and walk for 3-5 minutes. Air travel should be avoided for 5-7 days after your treatment.
- **Follow up:** We advise you to follow up with us to check your treatment in 3-4 weeks. Multiple sessions can be scheduled 3-4 weeks apart or as instructed. Sessions last approximately 30 minutes.
- **Maintenance:** You may need to return periodically for a maintenance treatment.

Please call the office with any questions.

Office: 301-881-7770

Answering Service: 301-917-2929