

WILSHIRE CARDIOLOGY GROUP

SEEKOOK PARK, M.D., F.A.C.P., F.A.C.C.

POST SCLEROTHERAPY DISCHARGE INSTRUCTIONS

IMMEDIATELY AFTER PROCEDURE:

Expect to have minimal to mild pain, bruising, cramping and swelling for the first 24 hours after therapy.

DAY 1 TO 3:

- 1) Wear prescribed compression stockings for a continuous 24 hours after procedure; you may shower after 24 hours.
- 2) Take over-the-counter Tylenol per directions as needed for pain.
- 3) Avoid Motrin and Aspirin.
- 4) Take over-the counter Benadryl per directions as needed for itching.
- 5) Use icepacks for especially sore areas.
- 6) Elevate legs for added pain relief.
- 7) Resume normal diet and medications.
- 8) Resume normal activities, except you should avoid **strenuous activities such as high impact aerobics, running or weight lifting.**
- 9) Walk at least **1 hour** per day.
- 10) No hot baths or hot tubs.

Notify the Wilshire Cardiology Group at 213-387-8000 for increasing pain; persistent itching or rash; progressive areas of redness, warmth or drainage; fever; swelling; persistent bleeding; lump formations; shortness of breath; chest pain; or leg numbness.

DAY 3 TO 6 WEEKS:

- 1) Treated areas will be red-purple in color, with some bruising.
- 2) Wear prescribed compression stockings during the day hours for the next 2 weeks (put on in the morning, take off at night).
- 3) Use a triple antibiotic ointment per package instructions on any ulcers or tape blisters.
- 4) You may shower with stockings off, but continue to avoid hot baths and hot tubs.
- 5) Resume normal athletic activities as tolerated.

Contact our office at 213-387-8000 to schedule a follow-up visit and for any other questions or concerns.