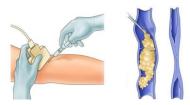


5859 W Talavi Blvd Suite 150, Glendale, AZ 85306 Phone: 602-298-7777 Fax: 623-930-6060 www.phoenixheart.com ICAEL, ICANL, and ACR accredited Facility



Post-Operative Instructions for Sclerotherapy

DAY 1:

Leave your Wrapping on for **24 hours** following your treatment. **THIS IS THE ONLY TIME YOU WILL** HAVE TO SLEEP IN THEM.

Day 2:

✓ You may **REMOVE** your **BANDAGES**

- ✓ Take a shower
- ✓ The injection sites may be washed with a mild soap and tepid water.
- Walking is encouraged. **

NEXT 1-2 WEEKS:

- For the next 1 WEEK following your treatment wear your compression stockings ONLY during the **DAY**. Remove them at night. You do not need to sleep in them.
- Walk is encouraged.
- X TRAVEL: Avoid long distance travel via Car or Plane prior to your 1 week follow up.
- X PUMP: DO NOT USE LYMPHEDEMA PUMP UNTIL AFTER YOUR FOLLOW UP APPOINTMENT

MEDICATION to AVOID <u>48 hours</u> after treatment:

- X Iron supplements
- X Aspirin (unless taking a daily Aspirin DO NOT STOP taking that medication.)
- X Ibuprofen or other anti-inflammatory medications. (Tylenol may be used if needed)

ACTIVITY to AVOID 1 WEEK after treatment:

- X Swimming, hot baths, Whirlpools, saunas or hot compresses

 No oils, lotions, creams or powders on treated leg
- X No Lifting over **10Lbs**
- No tanning beds or outside tanning/ avoid prolonged sun exposure
- X Running/ High Impact exercise

NORMAL SIDE EFFECTS:

- ✓ You may experience TENDER areas along the injection sites.
- ✓ Sometimes BRUISING /DISCOLORATION is seen along the vein.
- ✓ Areas that feel HARD to touch. This occurs as the veins are closing, partially in larger varicose veins. If those areas are painful, you can contact us and we will arrange for an appointment to address those areas and help with the discomfort. This does need to be done in a timely manner.

ABNORMAL SIDE EFFECTS: (Please Contact us Immediately)

- X A sudden onset of a swollen leg
- Formation of small **ulcers or blisters** (fluid filled sacs) at the injection site Increased **redness or streaking**, leg(s) swollen or **warm to touch**
- **Increased pain, drainage** of any kind or any sign or symptoms of infection

Contact Information:

PHONE: (602) 298-7777

VEIN CENTER HOURS: MONDAY - THURSDAY 6:00AM-3:30PM PHOENIX HEART HOURS: MONDAY - FRIDAY 7:00AM-5:00PM

If you are experiencing an emergency, call **911 or go immediately to the nearest ER.**