

The Vein Institute of Blue Bell

Fort Washington Radiological Associates

721 Arbor Way, Suite 103 • Blue Bell, PA 19422

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:

- Wear prescribed thigh-high compression stockings home after procedure. Remove for showering daily and for sleeping at night. Assess treated areas for blisters.
- Take over-the-counter Tylenol per directions as needed for pain.
- Avoid use of NSAIDs like Motrin, Advil, or Aspirin, as taking these medications can lead to skin staining. Avoid direct sun exposure as it leads to skin staining as well.
- Take over-the-counter antihistamine, like Claritin, Zyrtec, Allegra, or Benadryl per directions on package as needed for itching.
- Apply ice packs in 20-minute intervals to especially sore areas as needed for pain relief.
- Elevate legs for added pain relief.
- Resume normal diet and medications.
- Resume normal daily activities, except you should avoid strenuous activities such as high impact aerobics, running, squats and weight lifting.
- Walk at least 1 hour per day.
- Avoid hot tubs, hot baths and hot showers because the hot water causes vasodilation. You may shower with lukewarm water.

Day 3 to 3 weeks:

- Treated areas may be sore and red-purple in color, with some bruising.
- Continue to wear thigh-high compression stockings during day hours for next 21 days (put on in the morning and take off before going to bed).
- Resume normal athletic activities as tolerated. You may resume strenuous activities such as high impact aerobics, running, squats and weight lifting one week after procedure.
- Avoid hot tubs, hot baths and hot showers because the hot water causes vasodilation. You may shower with lukewarm water.

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- Avoid use of NSAIDs like Motrin, Advil, or Aspirin, as taking these medications can lead to skin staining. Avoid direct sun exposure as it leads to skin staining as well.

Notify our office at 267-416-9534 if you experience any of the following:

- **painful skin ulceration**
- **increasing pain**
- **persistent itching or rash**
- **progressive areas of blistering, redness, warmth or drainage**
- **fever**
- **swelling**
- **persistent bleeding**
- **lump formations**
- **shortness of breath**
- **chest pains**
- **leg numbness**

Physician Contact Information

- **If you have a problem that requires immediate attention, you should go to nearest the hospital Emergency Room or call 911.**
- Our office is open Monday through Friday (except major Holidays) from 7:30 AM to 3:00PM.
 - If you had your procedure at Abington Hospital-Jefferson Health and have questions, then please call (215)481-6226 during these office hours.
 - If you had your procedure at Lansdale Hospital-Jefferson Health and have questions, then please call (215)412-5015 during these office hours.
- For emergencies occurring after 3:00PM, call **(215)481-2000** and ask the hospital operator to contact the Interventional Radiologist on-call.

These post-operative instructions were reviewed with me prior to discharge, and I understand the expectations of my physician. I understand I must call the office immediately if any unexpected side effects arise.

Patient Signature _____

Staff Signature _____

Date ____/____/____

Time _____