



SCLEROTHERAPY POST-OPERATIVE INSTRUCTIONS

1. Immediately after the treatment, you will be required to put on support stockings or bandages and walk for 10-30 minutes. Be sure to have loose-fitting slacks and comfortable walking shoes with you.
2. Maintain normal activities.
3. Walk at least one hour a day.
4. Avoid standing for long periods of time.
5. Avoid hot baths for two weeks. Cool your legs with cold water after each shower.
6. Wear support stocking as instructed for *at least two weeks after treatment*. After healing, use them for long trips or when your legs ache.
7. Avoid strenuous physical activities such as high impact aerobics or weight lifting for the first week after treatment.
8. We can repeat the treatment in 4-6 weeks.

If you have any questions or concerns, please call Dr. Bhatt at 512-478-3376.