

Post-Operative Instructions for Ultrasound Guided Sclerotherapy

1. The day of the procedure walk as much as possible. We recommend walking a minimum of 10 minutes every 1 1/2 hours.
2. You will need to wear compression stockings or an ace wrap to the knee continually for the first 3 days. You do sleep in the compression stocking or ace wrap for the first 3 nights. You may take off the ace wrap or compression hose to shower.
3. After the first 3 days of continuous compression, the next 7 days you will wear compression stocking or ace wrap to the knee during the daytime only. Do not sleep in the compression stockings.
4. **If you experience intense pain, excessive swelling or bleeding, shortness of breath or chest pains, please call us at (205) 663-5775, Monday-Friday 8:00-4:30.**
5. **If you are experiencing for what you feel to be an emergency, please call 911 or go immediately to the nearest emergency room.**
6. Wait at least 14 days before resuming vigorous exercises such as running, weight training, high impact aerobics, ect. Also wait at least 14 days before taking lot baths or getting in a hot tubs.
7. Please return to our office in 2-4 weeks for a follow up. If you are not able to schedule your appointment before you leave, call (205) 663-5775 at your earliest convenience to do so.
8. If you have any questions or concerns, please feel free to call our office, Monday-Friday 8:00-4:30pm.