

Bradley J. Abrams, D. O.

DERMATOLOGY AND DERMATOLOGIC SURGERY
BOARD CERTIFIED



Sclerotherapy – Post-Procedure Information Sheet

After your treatment:

- Immediately after the procedure, you will be fitted in support stockings, and will be required to walk for 10 to 30 minutes. Be sure to have loose-fitting slacks and comfortable walking shoes with you.
- If traveling over 30 minutes to the office, have someone else drive you so you can move your feet and legs around. This is beneficial following the treatment.
- You will be able to maintain normal activities immediately. Walk at least one hour every day – the more the better! However, avoid standing for long periods of time.
- Also avoid strenuous physical activities such as high impact aerobics or weight lifting for the first 48 to 72 hours after treatment.
- Avoid hot baths for 2 weeks. Cool your legs with cold water after each shower.
- Wear the support stockings as instructed. After healing, use them for long trips or any time that your legs ache.

Please do not hesitate to call our office if you have any questions or concerns regarding this treatment at (941) 926-2300.