

Post Treatment Instructions for Foam Sclerotherapy

Within 30 minutes of leaving The Skin & Vein Centre after your foam sclerotherapy treatment, you must walk briskly for 30-45 consecutive minutes. For the next 2 weeks, you must exercise your legs for a minimum of 30 minutes every day. (brisk walk, cycling, etc.)

When you leave the clinic after your procedure, you may have a dressing on your leg which consists of a 1" x 1" rectangular piece of foam taped to your leg to help apply extra pressure and compression to the treated vein. You will wear the compression stocking and the dressing on your leg overnight for the first night and then remove the dressing the next morning. You can then have a quick shower and immediately don (put on) your stocking again. Some people opt to wear the stocking on the shower so they can have a longer shower and then remove the wet one and put on a dry, clean one when they get out of the shower.

You must wear your 30-40 mmHg compression stockings during the day from the time you get up until the time you go to bed for the next 13 days.

During the first week after your treatment, you must avoid vigorous activities such as heavy lifting (over 10 lbs), and extensive gym workouts. You must also avoid extreme heat such as hot tubs, saunas and hot yoga.

Any leg discomfort over the following weeks usually responds well to elevation of the leg, ice, compression, and ibuprofen (Advil). If you have localized tenderness, apply ice for 15 minutes four times a day. If you develop tender or discolored lumps near the injection site two weeks after your treatment, this can be a little bit of trapped blood which is normal. Dr. Kelleher or her designated nurse will remove the trapped blood at your next scheduled appointment.

If you have any extreme redness, excessive swelling, extreme pain, or areas that are hot to touch, please contact our clinic at **204-727-1920** or your family doctor.

Compression Stocking Washing and Care Instructions

Stockings are final sale. Cannot be replaced when user error occurs (holes, catches/snags, runs). Must be taken care of extremely carefully.

- Proper washing and don and doffing (putting on and taking off) are essential to keeping your stockings in optimal condition.
- Hand wash with mild soap.
- Lay flat to dry. **NEVER** let them go through the dryer or compression will be ruined.
- Always wear rubber gloves to don and doff as you can risk putting your finger through the compression.
- Keep toenails trimmed without rough edges and keep your heels moisturized/as smooth as possible.

- Wear slippers or socks over them at home to protect from snags/holes/catches from occurring.
- Compression is good for 6 months if worn every single day.
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