

## **Post Operative Instructions for Sclerotherapy**

When it comes to instructions after Sclerotherapy (treatment of the spider veins), there are very few restrictions. We do ask that you wear your compression stockings the day of the treatment, as well as 3 days afterwards, just during the day. We also ask that you wait to soak in water until 48 hours after the treatment, but showering is permitted right away if desired. It is a good idea to avoid prolonged sun exposure or tanning during the sclerotherapy process. This will assure you do not develop any unwanted staining, or brown spots, where veins have been treated. There are no restrictions when it comes to physical activity after sclerotherapy.