

IMPORTANT NOTE FOR OUR INJECTION PATIENTS

(Prior to your injections): This *reference sheet* NEEDS TO BE PLACED in an area where it can conveniently be referred to by you, after your procedure. After your procedure has occurred, it is common to have a variety of questions. This reference sheet will be your guide and help answer these common questions:

Post-Sclerotherapy Patient

What to Expect After an Injection Session

- Some swelling for up to 4 weeks after treatment.
- Some bruising and discoloration for up to 4-8 weeks after treatment.
- Temporary development of lumps at injection site(s).
- You may have a “follow-up” duplex ultrasound scheduled post procedures to check progress of your condition.

Injection Site Care Instructions

- You may remove the cotton balls/tape 6 hrs after the injection session. Your prescription compression stockings then need to be worn (continuously) for 24 hours after your injection session. How stockings are worn, after the first 24 hours, will be discussed further below.
- If you develop an ulceration or crusted area, this area can be washed with soap and water. DO NOT apply band-aides or antibiotic cream.
- You may shower 24 hrs after your injection session.

Pain Mgmt After an Injection Session

- After the injection session, a patient’s pain is generally managed with over-the-counter pain medications. Pain medication such as ibuprofen (Advil™ or Motrin™) **OR** acetaminophen (Tylenol™) **OR** naproxen (Aleve™) can be taken. Follow label instructions.

Other Helpful Information

- After wearing your compression stockings for the first 24 hours after your injection session: wear your compression stockings (only during the day) for the next 1 week.
- Protect your legs from the sun for 8 weeks after your injection session. Clothing or sunscreen (rated SPF 30 or higher) are common ways to provide protection from the sun.
- **DO NOT** take any antibiotic with a name ending in “cycline” for 2 weeks after treatment.
- Avoid strenuous activity /exercise for 24 hours after injection session. Then proceed with activities as tolerated.
- If air or car travel is necessary please follow specific instructions on “Air/Car travel restrictions”.

When to Contact Our Office

- Ulcerations or crusted areas lasting longer than 4 weeks after your injection session.
- Discoloration lasting longer than 4 weeks after your injection session.
- Our providers may be contacted 24 hours a day by calling (417)882-2349.

***Please return to our office on _____.**