

KNOTT STREET

DERMATOLOGY

SCLEROTHERAPY CARE INSTRUCTIONS

Do not use cream or lotion on your legs prior to your sclerotherapy treatment.

Remember to bring compression hose with you. We recommend the following:

Jobst	8-15 mm/Hg	Good	\$
Jobst	12-20 mm/Hg	Better	\$\$
Jobst	20-30 mm/Hg	Best	\$\$\$

Caring for your legs after sclerotherapy is important to obtain the best results possible with the fewest post-treatment complications.

- ◆ Wear your compression hose over leg bandages for 24 hours. After 24 hours, you may remove the bandages, but continue to wear the hose during the day for the next three days.
- ◆ Walking is encouraged. When standing, try to flex your leg muscles and shift your weight in position to avoid pooling of blood in your legs. Elevate your feet when sitting.

Your legs will look worse before they look better. A moderate amount of bruising and slight swelling or redness can be expected. Your legs may have a bruised or blotchy appearance for about three to four weeks. Discoloration may also develop at the injection sites.

Call the office if you experience any of the following:

- ◆ Development of a blister or open sore
- ◆ Excessive pain, swelling, redness, warmth, or fever
- ◆ A cord or lump in the leg that has been injected
- ◆ Any other concerns

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