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## **HeartPlace Plano West Sclerotherapy Program**

### **Leg Care after your Sclerotherapy Procedure**

Now that your sclerotherapy is complete, you may resume normal activities with only a few exceptions and suggestions:

1. You can walk and perform normal activities, but strenuous exercise, particularly involving use of the leg muscles (weightlifting, biking, running) should be avoided for the first 72 hours.
2. You may shower and clean the treated leg, but try to avoid scrubbing the treated areas because you may aggravate the skin overlying the treated veins.
3. Avoid exposure to excessive sun or tanning beds during the first two weeks following the procedure.
4. It is normal to experience bruising, redness, soreness and a tightening sensation in the 2-3 week period following treatment. This should begin to subside after two weeks. You may take over the counter pain medications such as Tylenol or Advil as needed for your discomfort.

***If you experience any side effects that concern you, please call us at 972-378-9560.***

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