

PRE & POST-OPERATIVE SCLEROTHERAPY INSTRUCTIONS

PRE-TREATMENT INSTRUCTIONS

- In order to optimize your results, we ask that you purchase compression stockings prior to your treatment and bring them with you to the appointment.
- Do not use body lotion, oils, or self-tanners the night before or day of treatment.
- Bring a pair of loose-fitting shorts for all treatments
- Do not take aspirin or other blood-thinning drugs (e.g., Vitamin E, Gingko, Biloba), ibuprofen, or other nonsteroidal inflammatory drugs for 2 days before and 2 days after treatment.
- Do not smoke or drink for 2 days before and 2 days after treatment. This impedes healing.
- If you develop a fever or flu, you must reschedule.
- If you are having Reticular Veins treated, plan to postpone flying for 48 hours after treatment.

POST-TREATMENT

- Immediately following the treatment, cold gel packs or ice applications can be applied at 20-minute intervals to relieve discomfort.
- The treatment area may be bruised or discolored after treatment. This can last for 2-21 days.
- Stay out of the sun and tanning booths until treatment area is healed.
- Taped compression pads may be removed 24 hours after the Sclerotherapy procedure.
- Maintain normal activities. You are encouraged to walk as much as possible and avoid standing in a single position for prolonged periods of time.
- Avoid strenuous physical activities such as high-impact aerobic, running, and weight lifting for 48-72 hours following treatment.
- Avoid swimming for 48 hours.
- Avoid hot tubs and saunas for 1 week.
- Avoid hot baths. Cool your legs with cold water after each shower.
- Avoid flying for 48 hours after treatment of Reticular Veins.
- Do not touch or push on veins for 6 weeks.
- Pain after Sclerotherapy is usually minimal and goes away after 1-2 days. If you experience discomfort, you may take a Tylenol or Extra-Strength Tylenol. If you experience significant pain, redness, swelling, crusting, or bleeding, call our office immediately.