



Sclerotherapy Pre & Post Instructions

PRE-CARE INSTRUCTIONS:

- Leg Preparation- do not use oil, lotion or powder on your legs the night before or the day of your injections.
- Clothing- bring a pair of loose, comfortable shorts to wear during your treatment. Dress in loose clothes and comfortable shoes.
- Medications- you should avoid the use of aspirin and/or ibuprofen/motrin/advil/aleve for at least 7 days before and 2 days after the treatment if possible. The use of these medications could increase the amount of bruising you may develop.

POST-CARE INSTRUCTIONS:

- Your legs will be bandaged with an adhesive compression tape for the first 24 hours
Compression Hose- these are required to be worn immediately after each treatment. We recommend thigh or pantyhose style with 20 to 30 Hg compression. The hose should be worn for 24 hours, and then worn daily for 3 more days. The compression hose are critical to the success of the treatment.
- Driving- you may drive immediately after your treatment. If your trip home is more than an hour, we recommend that you stop hourly to stretch your legs.
- Bathing- remove compression hose and shower the next day. Hot tubs and hot baths should be avoided for two weeks after sclerotherapy to avoid venous dilation.
- Activities- you may return to work and resume normal activity after treatment. Avoid high impact aerobics, jogging, running, leg weight lifting and sit-ups for one week after treatment.
- Take over-the-counter Tylenol per directions as needed for pain. Use ice packs for especially sore areas. Elevate legs for added pain relief.
- Bruising and discoloration are common after sclerotherapy. These issues will resolve over a number of weeks. It is very important to avoid sun exposure to the treatment areas after sclerotherapy. Sun exposure can cause hyperpigmentation (skin darkening) in treated areas. Wear protective clothing and a broad-spectrum sun block for at least 1 month after the treatment.
- Remember it is important to call our office if you have any questions or concerns before or after your sclerotherapy treatment.