

# Sclerotherapy

## Pre-Treatment Instructions

Please review the pre-treatment instructions to ensure you are adequately prepared for your sclerotherapy session. 1 Week Prior to Treatment:

- Avoid blood thinning supplements or medications such as Aspirin, Ibuprofen, vitamin E and omega-3s to decrease risk of bruising or bleeding.
- Do not use bronzers or tanning lotions on your legs.

On the Day of Treatment:

- Shower the morning of the treatment (do not shave your legs the morning of sclerotherapy).
- Do not use body lotion, oils or self-tanners the day of treatment.
- Bring loose-fitting shorts to wear during the procedure.
- Bring your medical-grade compression stockings to be worn home (compression of legs will accelerate healing, reduce swelling & bruising). Coordinate with your provider to find out if you will need to purchase these beforehand, or if they will be provided to you at the time of your appointment. Recommended to be 20-30 mm Hg. You will need these at each visit.
- Eat a light meal or snack 90 minute before treatment.

## Post-Treatment Instructions

After treatment, compression bandages or stockings are placed on the legs to prevent the formation of blood clots; these should be worn continuously for the 48 hours following treatment. After the first 48 hours, you may remove the stockings while you sleep, but they should be worn during the day for the next 7 days. Walking is encouraged after treatment—you should walk immediately following your session and incorporate walks into your daily routine for the following week. Strenuous activity, in addition to long periods of sedentary activity, should be avoided in the first week following your sclerotherapy session.

## **IMMEDIATELY FOLLOWING TREATMENT**

- Wear compression stockings continually for 36 hours after the procedure (day and night).
- Continue to wear compression stockings during the day for the next 7 days.
- Avoid strenuous physical activity including high-impact aerobics, running and weight lifting for 72 hours.
- Avoid blood thinning medications (see pre-treatment instructions) for 48 hours.
- Avoid warm baths, hot tubs and saunas for one week.
- Avoid flying for one week.
- Do not expose treated area to sun, tanning bed or self-tanners (this may lead to post-operative pigment changes) for one month after treatment.
- Walking is very important after your sclerotherapy. We recommend taking a 30 minute walk at least two times a day for the next seven days.
- May resume usual activity one week after treatment.

**If any signs of an adverse reaction begins to present please call your provider immediately.**