



## Sclerotherapy Instructions

### Pre-treatment:

- » Do not use lotion or creams on your legs the night before or the morning of treatment.
- » Do not shave your legs two days prior to treatment.
- » Bring loose fitting shorts to wear for the procedure and all follow-up visits and treatments.
- » Shower prior to the treatment, as you will need to wear your compression hose overnight and for 72 hours after the procedure.
- » Eat normally the day of treatment.
- » Avoid aspirin, vitamin E and anti-inflammatory medicines (Advil, Motrin, etc.) 7 days before treatment.
- » Purchase and bring your compression hose to your appointment. Compression hose should be 20mmHg or higher.

### Post-treatment:

- » Walk for 30 minutes immediately following treatment and daily if at all possible.
- » Bring your hose to each treatment session.
- » Put on hose immediately after treatment, sleep in them, and wear them for 72 hours then daily for 6 weeks during the day. They should be washed each evening.
- » Leave cotton balls and tape in place under hose the first 72 hours.
- » Maintain normal physical activities, with the exception of: jogging, high-impact aerobics, any exercise requiring excessive abdominal contraction for 4 weeks and any motorized exercise equipment for the legs.
- » Avoid long periods of sitting or standing still.
- » Avoid exposure to excess heat like hot baths, Jacuzzis, tanning beds, or sunbathing for 4 weeks.
- » Warm showers are fine.
- » Wear your compression hose for long trips, extended periods of standing or sitting or when legs ache, even after healing occurs.
- » Treated veins always look worse before they look better.
- » Wait 6-8 weeks before retreating to allow time for evaluation of results.