



Sclerotherapy Pre/Post Instructions

Pre-Treatment instructions for your legs prior to treatment for veins:

- No aspirin or blood-thinning products (fish oil, vitamin E, ibuprofen, non-steroidal anti-inflammatory drugs) for 7-9 days before the procedure (check with your physician first if you must be on these medications).
- **Bring heavy, thigh-high support hose to wear** when you leave the office and seven days after treatment (support hose can be generic or the nursing-type; pharmacy type is not required).
- Do not shave or use depilatories on legs the day of the procedure.
- Shower and thoroughly wash your legs with soap prior to the procedure, do not apply lotion.
- Expect possible bruising for approximately one week after the procedure.
- Wear loose-fitting shorts or a leotard to wear during treatment.
- Avoid drinking alcohol or smoking 2 days prior and 2 days after the procedure.

Care instructions for your legs after treatment for veins:

Leave thigh-high compression stockings on 24 hours a day for 1 week after treatment. They can be worn in the shower, using the hair dryer on the cool setting to dry them. You MUST Wear them during the day as much as possible for the first 2 weeks following sclerotherapy to help improve blood flow in the legs and to keep the treated vessels flattened.

- After the first 2 weeks, stockings can be removed at night or any time that the legs can be elevated. Wearing the compression stockings will help you to achieve the best possible result with fewer side effects. They should continue to be worn as part of your regular routine and may prevent the appearance of new veins especially if you sit or stand for more than 6 hours a day.
- Do not shave your legs for 3-4 days.
- Take a 30-60 minute walk shortly after the treatment, and walk 20-30 minutes a day for 2 weeks, but avoid strenuous exercise for 1-2 days. Do not perform aerobic exercise such as jog or ride a bicycle for a week.
- Avoid hot baths or Jacuzzis for a few days following procedure to avoid dilating veins.
- It is normal and expected to have some redness and swelling (with the appearance of "hives") around the treated veins that may last 1-2 days. This may be associated with some itching and burning and may improve with over-the-counter Benadryl 25mg or a non-sedating antihistamine such as Zyrtec 10mg.
- Bruising around the treated area is also normal and should resolve within 1 week.
- Veins often temporarily become discolored as they heal. This means they may appear purple, darker red, or brown. Sun or tanning bed exposure worsens discolorations and may cause them to last longer or become permanent. Avoid sun exposure completely until the treated areas return to your normal appearing skin. Some people develop a firm lump in a vein that may appear purple through the skin, usually 2 weeks after treatment. This is a non-dangerous, superficial accumulation of trapped blood that can easily be treated in the office. Please make an appointment for it to be evaluated.
- Painful areas, expanding redness/ swelling, blistering, or leg swelling should be immediately reported to your doctor.
- It may take up to 6 weeks for treated veins to improve. The appearance immediately after treatment can often look worse than prior to treatment.
- Avoid blood thinners (aspirin, fish oil, vitamin E, ibuprofen, etc.) for 3-4 days following procedure.