



Sclerotherapy Instructions to the Patient

Before Your Appointment

- Do not take aspirin or Ibuprofen, or other non-steroidal anti-inflammatory drugs for two days before your treatment.
- We recommend not to drink alcoholic beverages and not to smoke for two (2) days before and two (2) days after your treatment, because either may impair healing.
- Avoid shaving legs 24 hours prior to your appointment.
- Before your appointment, shower and wash your legs thoroughly with a antibacterial soap such as Lever 2000 or Hibiclens. Do not apply any cream or lotion to your legs on the day of treatment.
- Bring loose fitting shorts or a leotard to wear during the treatment in our office.
- Eat a light meal before your treatment.

After your treatment

- After the procedure you will be encouraged to wear specifically fitted support stockings for approximately seven (7) days. Compression of the injected vessels helps to speed the resolution and prevent excessive pigmentation.
- If traveling more than thirty (30) minutes to/from the office, have someone else drive you so you can move your feet and legs as the passenger. Prolonged sitting after treatment can cause cramping.

- Maintain normal activities, with the exception of aerobic exercise for 72 hours after your sclerotherapy session.
- Avoid standing for prolonged periods in the first 48 hours.
- Avoid excessively hot baths or hot tubs for two weeks (14 days). Allow your skin to cool following a bath or shower by lying down for five minutes prior to applying stockings.
- Wear your support stockings for at least one week during waking hours. These may be hand washed as necessary.
- If you experience any pain, ulceration, or unanticipated outcome, contact the office for advice.