

Sclerotherapy Instructions

Before your appointment

- One (1) week prior to your treatment do not take Vitamin E, Aspirin, Ibuprofen or non steroidal anti-inflammatory drugs (arthritis medication). If prescribed by a physician, please check with him/her before stopping.
- Do not drink any alcoholic beverages or smoke two (2) days prior to your treatment and two days after your treatment as this may impair the healing process.
- The day of your appointment, do not shave your legs. Shower and wash your legs thoroughly with an antibacterial soap. Do not apply any creams or lotion to your legs.
- Bring loose-fitting shorts to wear during the treatment.

After your treatment

- Immediately following your procedure, you will be fitted with support stockings. You will need to purchase these at our office on the day of your treatment. **You need to wear these support stockings for one (1) week.** Then wear stockings as instructed by your doctor. This is not optional – the stockings greatly increase the effectiveness of the treatment and reduce health risks.
- If you are traveling over thirty (30) minutes to the office, have someone else drive you, so you can move your feet around after your treatment.
- You will be able to maintain normal activities. Walk at least one (1) hour every day “the more the better”. However, avoid standing for long periods of time.
- Avoid strenuous physical activities such as high impact aerobics, running, abdominal crunches or leg lifts on gym equipment for one (1) week while wearing support stockings.
- Take showers rather than baths for two (2) weeks following your procedure. Cool your legs with cold water after each shower. You can wear support stockings during showers. It is okay if your stockings get wet.
- Avoid Vitamin E, Aspirin, and Ibuprofen for one week (if okay with the prescribing MD). Smoking and alcohol are strongly discouraged during the first two (2) days after treatment.