

SCLEROTHERAPY

PRE AND POST CARE INSTRUCTIONS

Pre-Sclerotherapy

- Bring your support hose / stockings with you at the time of your treatment or we will have to reschedule your treatment. (JOBST supportwear 7M -can order from local medical supply or call 1-800-537-1063)
- Bring an IPOD or headphone music if you like for distraction, comfort
- Wear comfortable clothes that can reveal the areas to be treated without undressing or exposing other areas not being treated. Skirts, shorts, etc. Bring sweat pants, long skirt to wear home so your treatment sites are not visible.
- Stop all Vitamin E, Aspirin, Ibuprofen (Motrin, Advil, Naprosyn), Alcohol, green tea, and St. Johns Wort 6-7 days PRIOR to your appointment.
- Do not wear any lotions, self tanners, oils or moisturizers on the day of your treatment. It is ok to shave your legs the night before.
- You may drive to and from your sclerotherapy appointments.

Post-Sclerotherapy

- Place compression stockings on immediately after your treatment for 48 hours
- Take a walk, at a normal pace after your treatment – for 20 minutes to avoid blood clot formation. Do NOT attempt vigorous running, exercise, weight lifting, heavy lifting for at least 7 days. Avoid prolonged standing in one spot when possible.
- Do NOT shower for 48 hours – at two days, you may remove compression stockings, cotton balls and tape, and shower.
- Put compression stockings back on for 12-24 hours per day for at least 2-4 weeks after treatment to insure the best result.
- Do not plan any activities that will expose the treated areas to sunlight, dirty water; i.e., Jacuzzis, spas, rivers, oceans, etc., for 10 days. This will prevent infection from dirty water and discoloration from UV exposure.
- You may shave your legs at the 48 hour mark when you are instructed to remove the stockings and cotton balls.
- Treatments are best performed at intervals of 4-6 weeks apart, during the cooler months so that support hose usage is tolerable and fashions can hide the treatments sites as they heal and improve.