



## Pre & Post Operative Sclerotherapy Instructions

### Prior to Sclerotherapy

1. In order to optimize your results, we ask that you purchase compression stockings prior to your treatment and bring them with you to the appointment. We recommend compression stockings with 20-30 mm Hg compression. You can purchase quality stockings from [www.brightlifedirect.com](http://www.brightlifedirect.com). These generally cost \$10-\$50. You may also purchase stockings locally from drugstores like Crestline Pharmacy. Thigh highs are available but beware that, while they are cooler, they have a tendency to sag.
2. You should not have a tan at the time of your treatment. Avoid sun exposure on the legs for 1 month prior to your sclerotherapy treatment.
3. You may be most comfortable wearing short shorts or a skirt for the treatment.

4. Your legs will be bandaged with cotton balls and an adhesive compression tape for the first 24 hours. Please let us know if you have allergies or sensitivities to either adhesives or latex.
5. Do not use 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).
6. Try to avoid drinking alcohol or smoking 2 days prior and 2 days after the procedure.

#### Care instructions for your legs after treatment for veins:

7. Wear compression stockings for at least 2 days and you will get better results if you use them for 6 weeks. The 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 can 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, are pregnant, or have a strong family history of varicose veins.
8. Do not shave your legs for 3-4 days.
9. 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.
10. Avoid hot baths or Jacuzzis for a few days following procedure to avoid dilating veins.

11. 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.
12. Bruising around the treated area is also normal and should resolve within 1 week.
13. Veins often temporarily become discolored as they heal. This means they may appear purple, darker red, or brown. Sun or tanning bed exposure worsen 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.
14. 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.
15. Painful areas, expanding redness/ swelling, blistering, or leg swelling should be immediately reported to your doctor. You may take Tylenol or acetaminophen as directed on the bottle to decrease pain and tenderness.
16. 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.
17. Avoid blood thinners (aspirin, fish oil, vitamin E, ibuprofen, etc.) for 3-4 days following procedure (ask your doctor first if these are prescribed by your doctor)

If you have any further questions, please call us at 205-415-7536.