



Sclerotherapy: Pre and Post Care Patient Instructions

PRE TREATMENT:

- Your skin should be clean and dry prior to treatment.
- Omit application of any skin care products to the area the day of treatment.
- Avoid blood thinners such as Aspirin, Ibuprofen and Aleve for 1 week prior to treatment.
- Do NOT apply topical anesthetic as it may constrict blood vessels and change vessel dynamics.
- Patients who are taking high doses of iron may have an increased risk of hyperpigmentation.
- Patients with a history of the following conditions may not be good candidates for Sclerotherapy:
 - Diabetic patients or hypertensive patients with poor circulation in the treatment area.
 - Patients who have a history of poor healing.
 - Patients who have a history of Phlebitis.
- Patients who have taken the following medications within the last 6 months are NOT eligible for Sclerotherapy:
 - Accutane
 - Coumadin

POST TREATMENT:

- You may experience some slight discomfort during and immediately following treatment. Avoid blood thinners such as Aspirin, Ibuprofen, Aleve, Motrin, etc for 1 week after treatment. Tylenol is recommended for any pain, as needed.
- Do not fly on an airplane for 72 hours after your treatment.
- Avoid exercise and elevate your legs for 24 hours after treatment to decrease discomfort and swelling.
- Wear 20-30mm compression garment (such as support hose, Coban, or ace wrap) over the treated area for 1-2 weeks after treatment. Full stockings are best for treatment of thighs and knee-high stockings are OK for treatment below the knees. During the day, wear for 4-8 hours at a time with 1 hour breaks. Do not wear compression garment through the night. Improved cosmetic results may be seen with longer use.
- The treated area may look red, swollen and shallow ulcers may be present for days.
- The treated area may feel rash like, “cat-scratched” and achy after treatment.
- Cold packs or ice can be applied to reduce discomfort.
- Your leg veins may appear bruised or darker in color following treatment. This discoloration will likely fade over the next few weeks to months. Bruising will fade more quickly, and brown discoloration may take several months to fade. Rarely, discoloration may be permanent.
- Avoid the sun, tanning beds, self-tanning creams for a minimum of **4 weeks** after treatment to reduce the chance of hyperpigmentation (darkening of the skin). Use a broad spectrum SPF 30 whenever the treated area is exposed.
- Follow up: Wait 6-8 weeks to see full results of the current treatment. Your provider will evaluate treatment response at your follow up visit, touch up or retreatment may be necessary.

Please call our office immediately at **503-443-2250** if you experience increased pain, redness, or swelling.