



Sclerotherapy: Pre and Post Care Patient Instructions

PRE TREATMENT:

- Your skin should be clean and dry prior to treatment.
- Avoid blood thinners such as Aspirin, Ibuprofen, Aleve, fish oil, vitamin E, Turmeric for 1 week prior to treatment.
- Patients who are taking high doses of iron may have an increased risk of hyperpigmentation.
- Purchase Compression stockings prior to your visit. They need to be thigh high or waist high and 20-30 mmhg. Discountsurgical.com has quality and affordable stockings.
- 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 DVT.
 - 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:

- Avoid blood thinning medications and supplements as listed above 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 strenuous exercise such as running, jogging and weightlifting for 1 week after treatment. Walking is ok and recommended.
- Wear 20-30mm compression stockings for 1 week after treatment. Sleep in them for the first 2 nights. Wear them all day while on your feet for the full 7 days. After the first 2 nights you may take them off to go to bed.
- The treated area may feel rash like, “cat-scratched” and achy after treatment.
- 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, swollen or tender calves, excessive redness, or swelling.