



SCLEROTHERAPY PRE AND POST TREATMENT INSTRUCTIONS

COMPRESSION HOSE-Are required to be worn immediately after each injection treatment or if you have had aspiration of trapped blood from an injected vein. Hose can be purchased from the internet or you may request a prescription to purchase at a pharmacy or medical supply store. We recommend a pantyhose style support stockings with 20-30 mm Hg compression. You cannot be injected without your compression hose. The hose must be worn continuously 24 hours a day and for 7 days. They may be removed to be laundered, preferably at night while you are inactive. The compression hose are critical to the success of the treatment.

LEG PREPARATION-Do not apply oil, lotion or powder to your legs the night before or the day of your injections.

CLOTHING-Bring a pair of loose, comfortable shorts to wear during your treatment. Dress in loose clothes that will accommodate the extra bulk of cotton balls, tape and hose after your treatment, such as yoga or sweat pants.

MEDICATIONS-: You may take Ibuprofen (Advil or Motrin) for pain or discomfort. Discontinue Aspirin, fish oil and all non essential blood thinners 7 days prior to your treatment.

TIME ALLOTTMENT-A sclerotherapy treatment is last approximately 20-45minutes. You should arrive 15 minutes early for your first sclerotherapy treatment to allow time for photographs and to sign your consents.

COMPRESSION: Cotton balls and tape are sometimes used to provide local compression over each area injected. Before standing, we will put on your compression hose. Proper compression is very important because it minimizes the blood re-entering the injected vein, decreases the incidence of post sclerotherapy hyperpigmentation and telangiectatic matting and improves venous blood flow. The cotton balls and tape can be uncomfortable. After the first 24 hours the hose, cotton balls, and tape may be removed. After the initial 24 hours of continuous use of the hose you should continue to wear the hose for one week during waking hours. If larger varicose veins are injected, you may be advised by your doctor to wear them for 2-3 weeks.

BATHING: A shower is allowed after the first 24 hours after treatment. *Hot baths, hot tubs, and saunas should be avoided for two weeks after sclerotherapy to avoid venous dilation.*

SUN EXPOSURE: Avoidance of sun tanning, prolonged sun exposure of the treated area for at least the first 3-4 weeks after treatment will help prevent the veins from reopening and prevent prolonged hyperpigmentation

HYPERPIGMENTATION: If you develop hyperpigmentation after sclerotherapy you should apply sun block to those areas when exposure is anticipated to avoid increasing the hyperpigmentation. Continue to use sun block until the hyperpigmentation has resolved.

DRIVING: You may drive immediately after your treatment. If your trip home is longer than an hour we recommend you stop hourly to stretch your legs.

ACTIVITY: You may return to work and are encouraged to resume normal activities and low impact exercise after treatment. We recommend that you walk 30 minutes per day including the day of treatment. Walking promotes efficient venous circulation. Avoid sitting and standing for extended periods, crossing your legs, high impact aerobics, jogging, jumping, running, leg weight lifting one to two weeks after each injection treatment.

FOLLOW UP: Subsequent treatments are usually every 6-8 weeks. Your doctor will advise you when you should return. If you notice dark knots or cords (“trapped blood”) at your injection sites please call our office; you may need to return sooner to have these areas aspirated.ⁱ

ⁱ Updated 10/12/15