

Pre and Post Sclerotherapy Instructions

Pre-Treatment Instructions:

- Do NOT take any aspirin containing products, NSAIDS (Ibuprofen, Naproxen, Motrin, Aleve), garlic pills, Vitamin E, Ginkgo Biloba for 7-14 days prior to procedure.
- DO bring support hose to wear when you leave the office. Hose can be purchased over the counter or online. Light support (8-10mmHg) or medium support (10-20mmHg) is fine.
- Do NOT shave or use depilatories prior to the procedure.
- Do NOT use lotion on the day of the procedure on areas being treated.
- Expect possible bruising that can last weeks after the procedure.
- If you have a history of blood clots, please inform the physician prior to the procedure.

Post-Treatment Instructions:

- DO walk for 10-20 minutes 3-5 times on the day of the procedure.
- Do NOT take baths or use the Jacuzzi for a week after procedure.
- Do NOT do any strenuous aerobic exercise, especially of the lower extremities for 7 days following the procedure.
- Do NOT take aspirin or aspirin-containing products, NSAIDS (Ibuprofen, Naproxen, Motrin, Aleve), garlic pills, Vitamin E, Ginkgo Biloba) for 3 days after the procedure.
- If you have unusual pain or tenderness in your legs, please call the office immediately.
- Mild muscle cramping is not uncommon. Tylenol (acetaminophen) can be taken if necessary.
- DO wear support hose for a full 7 days after procedure except when sleeping.
- Do NOT jog or bike for a week after the procedure.
- Do NOT shave legs for 3-4 days after the procedure.
- Do NOT just lie in bed and do NOT keep legs elevated. Continue your normal daily routine.

Follow-Up

Multiple treatments are usually necessary to achieve the desired result. Consult with your physician to determine the most appropriate time for your next session.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.