



SCLEROTHERAPY PRE AND POST-CARE INSTRUCTIONS

As you are required to wear support hose and there is bruising and swelling associated with the treatment, it is advisable to schedule treatments several weeks prior to or after special occasions, events, or vacations that might be impacted by these factors. You must also avoid vigorous physical activity for two weeks. Walking and normal daily activities can be resumed immediately. Your legs will look worse before they start looking better. Many patients need a number of weeks for the bruising and discoloration to fade.

PRE-TREATMENT INSTRUCTIONS

1. **14 DAYS BEFORE:** Limit sun exposure two weeks before treatment.
2. Purchase medical-grade, pantyhose-style support hose (SIGVARIS compression stockings available at Pima Dermatology). We recommend graduated support hosiery, 15-20mmHg.
3. **7 DAYS BEFORE:** DO NOT use blood thinning substances such as Aspirin, Ibuprofen, and/or Vitamin E at least one week before treatment to decrease bruising or bleeding. AVOID blood thinning over-the-counter medications such as *Aspirin, Motrin, Ibuprofen, and Aleve*. Also avoid herbal supplements, such as *Garlic, Vitamin E, Ginkgo Biloba, St. John's Wort, and Omega-3* capsules. Please note: If you have a cardiovascular history, please check with your doctor prior to stopping use of Aspirin.
4. **5 DAYS BEFORE:** DO NOT use bronzers or tanning lotions on your legs.

DAY OF TREATMENT INSTRUCTIONS:

1. Eat a light meal one hour prior to your appointment.
2. Bring loose-fitting shorts to wear during the procedure.
3. Bring your medical-grade, pantyhose-style support hose with you to your appointment. Consider them an important part of your treatment. Gentle compression of the legs will accelerate healing, reduce swelling and bruising, and lessen discomfort.
4. If you do not have a medical grade compression stocking, you will be fitted for a stocking to purchase at the time of your treatment to be worn for 2 weeks following the treatment.
5. The support stockings may be removed in the evening but should be worn as much as possible while awake and on your feet.

POST-CARE INSTRUCTIONS

1. It is not unusual to have tenderness and bruising at the injection sites in the first 2 to 3 days following treatment. These symptoms can usually be relieved by elevation of the leg(s). Use of a heating pad may help.
2. If necessary, you may take Advil or Tylenol (preferred over aspirin – which may cause increased bruising).

Please see reverse side of page.

POST-CARE INSTRUCTIONS CONTINUED

3. *If you have a compression bandage:* The compression bandage applied after injection of large varicosities should be left in place over night (12 to 24 hours) and may be removed the next morning. The bandage may be removed for showering after 24 hours. If you do not wish to wear support stockings, you may reapply the compression bandage for up to 48 hours. *After 48 hours, continue wearing support stockings as directed.*
4. You may resume normal activities. Avoid strenuous physical activity such as aerobics, jogging, and heavy lifting for the first 2 to 3 days after procedure.
5. Avoid prolonged standing in one position. If you must stand in one place, move your feet or toes frequently or support one foot on a small stool or box.
6. Wear your medical-grade, pantyhose-style support hose during the day for 7 to 14 days after treatment. If you develop swelling in your ankle or foot or have unexpected pain, be sure the compression bandage or support stockings are not too tight or improperly fitted. If you find you must restrict your activities or your return to work, please call our office.
7. Limit sun exposure for 4 to 6 weeks after treatment.
8. **DO NOT** apply creams or lotions to your legs for 24 hours after treatment.
9. If swelling occurs over an injection site, elevate and apply ice to the affected leg.
10. Small dark clots may develop in the treated veins. Contact your provider if one of the clotted areas becomes very red, tender, and/or inflamed.
11. A small, superficial ulceration of the skin may occur over an injected vein. This usually does not leave a scar, but needs to be examined immediately by your provider.
12. Irritation of the injected vein rarely occurs. This can be treated with compression stockings and anti-inflammatory medications such as Aspirin or Ibuprofen.

Please contact us at 520.795.7729 if you have any questions or concerns.