



## SCLEROTHERAPY INSTRUCTIONS

### PRE-TREATMENT

- No aspirin or aspirin-containing products, NSAIDS (Motrin, Advil, Aleve), fish oil, vitamin E, or ginkgo biloba for 7 days before the procedure if okayed by your prescribing physician.
- Do not shave or use depilatories on legs prior to the procedure.
- Do not use lotions or creams on the legs the day of the procedure.
- Expect possible bruising for approximately 1 week after the procedure.
- Mild muscle cramping is not uncommon. Tylenol can be taken if necessary.
- If you have any further questions, please ask the doctor prior to the procedure.
- You will be given a prescription for support hose at your visit, or you can purchase them from the office.

### POST-TREATMENT

- No hot baths and/or Jacuzzi for a few days after procedure.
- No aerobic exercise, especially of the lower extremities for 7 days following the procedure.
- Walking is good. Walk for 10-20 minutes 3-5 times on the day of the procedure. Continue to walk regularly.
- No aspirin or aspirin-containing products, NSAIDs (Motrin, Advil, Aleve), fish oil, vitamin E, or ginkgo biloba for 3-4 days after the procedure.
- Wear the tape/wrap dressing for 24 hours after sclerotherapy. Then, wear support hose for 1 week, or as indicated by your physician.
- Try to avoid jogging or bike riding for a week after sclerotherapy.
- Do not shave legs for 3-4 days after sclerotherapy.
- When you are sitting down, try to elevate your feet.
- If you have excessive pain or tenderness in the leg, please call the office immediately.

If you have any questions or concerns, or experience an unexpected reaction, please call us immediately. A physician can always be reached after hours through the answering service. We are happy to speak with you any time (310) 906-2788.