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## PATIENT SCLEROTHERAPY INSTRUCTIONS

### **BEFORE YOUR APPOINTMENT**

- ❑ **Do not take Aspirin or other blood thinning drugs (e.g., Vitamin E, Ginkgo Biloba), ibuprofen, or other nonsteroidal inflammatory drugs (e.g., arthritis medicine) for 2 days before and 2 days after your treatment because these medications can increase bruising.**
- ❑ **If you take birth control pills or estrogen, inform the sclerotherapist about it.**
- ❑ **We recommend not to drink alcoholic beverages and not to smoke for 2 days before and 2 days after your treatment because drinking alcohol and smoking may impair healing.**
- ❑ **Do not apply any cream, lotion, oil, or self-tanners to your legs the night before or the day of your treatment.**
- ❑ **Eat a light meal or snack 1½ hours before your appointment.**
- ❑ **Bring loose fitting shorts or a leotard to wear during the treatment and long skirt or long loose fitting slacks to wear after treatment.**
- ❑ **It is advised when having treatment of Reticular Veins to postpone flying for 48 hours.**
- ❑ **If you develop fever or other illness before appointment you must reschedule.**

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### AFTER YOUR TREATMENT

- ❑ Immediately after the procedure, you may be required to put on support hose and walk for 10-30 minutes. Be sure to have loose-fitting slacks/skirt and comfortable walking shoes with you.
- ❑ Taped compression pads/cotton balls are gently removed twenty-four to forty eight hours after sclerotherapy procedure (your sclerotherapist will discuss the exact time with you). \*If you notice a developing tape allergy (redness or rash) remove tape and put on support stockings.
- ❑ If you remove the tape prior to twenty-four hours, try and wear support hose (you may cut feet out if sclerotherapy was not performed at ankles).
- ❑ Maintain normal activities. You are encouraged to walk as much as possible and avoid standing in a single position for prolonged periods of time.
- ❑ Avoid strenuous physical activities such as high-impact aerobics, running, weight lifting, for the first 48-72 hours following your treatment.
- ❑ Avoid hot baths for 2 weeks. Cool your legs with cold water after each shower.
- ❑ Avoid Sunbathing and Ultraviolet Exposure for at least 1 week.
- ❑ Avoid swimming in chlorinated pools for 48 hours following your treatment.
- ❑ Avoid blood-thinning medications, such as Aspirin and other non-steroidal anti-inflammatory drugs, (e.g., Ibuprofen, Motrin, Advil Anaprox, Vioxx, etc. for 24-48 hours following your treatment.
- ❑ It is advised to avoid flying for 48 hours after the treatment of ReticularVeins.
- ❑ Should you experience any redness or a small lump use warm compresses several times a day. If you experience any open areas (s) you may use Polysporin Ointment (NOT Neosporin) to the affected area along with the