



Pre & Post Operative Sclerotherapy Instructions

Instructions Prior to Sclerotherapy

1. In order to optimize your results, we ask that you purchase compression stockings with 20-30 mm Hg compression. You can purchase them from www.brightlifedirect.com. These generally cost \$10-\$50. You may also purchase stockings locally from **Remedy Compounding Pharmacy**. Panthose style (waithighs) work the best.
2. You should not have a tan at the time of your treatment. Avoid sun exposure on the legs for 1-month prior to your sclerotherapy treatment.
3. Do not use moisturizer 48 hours before treatment.
4. You may be most comfortable wearing shorts or a skirt for the treatment. Or you can bring a pair of shorts to change into for treatment.

Instructions Following Sclerotherapy

1. If there is a bandaging following sclerotherapy, leave the cotton balls and compression bandages in place for 24 hours. Remove the compression tapes and cotton balls. You might find it easier to remove the compression tape after soaking in a warm bath or shower. Puit the compression stockings overnight and then everyday for the next 7 days.
2. Compression stockings should be worn at all times until bedtime for 14 days. Remove them prior to bathing.
3. Bruising and discoloration are common after sclerotherapy. These issues will resolve over a number of weeks.
4. Exercise following sclerotherapy is okay. Avoid strenuous, high-impact activities for one-week after treatment.
5. Avoid excessively hot baths, showers, and hot tubes for one week after treatment.
6. Occasionally, when treating larger vessels, a small clot of "knot" may develop. If this happens, please call us. Sometimes we do a simple extraction of this clot or may opt to let it dissolve on its own.
7. Pain after sclerotherapy is usually minimal and goes away after 1-2 days. If you experience discomfort, you take a Tylenol, or Extra- Strength Tylenol. If you experience significant pain, redness, swelling, crusting, or bleeding, call our office immediately.

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