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Sclerotherapy Pre-Treatment Instructions

Compression hose/T.E.D stockings: Be sure to purchase this therapeutic hosiery before your procedure. They are required to be worn immediately after each injection treatment. Hose can be purchased from our office or you may purchase them at a local pharmacy or medical supply store. We recommend using a hose style with 30 to 40 mm of mercury compression.

You cannot be injected without your compression hose. After the injection, the hose must be worn continuously 24 hours for 7 days. They can be removed to be washed, preferably when you are not active, at night. Your practitioner may adjust the length of time to wear the hose. Compression hose **are critical to the success** of your treatment.

Leg preparations: Do not apply oil, lotion or powder to your legs the night before or day of your injection.

Clothing: Bring or wear loose, comfortable shorts during your treatment. Dress in loose clothes and comfortable shoes to accommodate the possible elastic tape/bandages or hose after your treatment.

Medications: For 10 days before and after the procedure, discontinue Aspirin (unless otherwise contraindicated by your underlying medical condition or directed by your doctor) and Ibuprofen (Motrin, Aleve, etc.). Inform your practitioner immediately if you are on anticoagulation therapy. Tylenol is allowed.

Photographs/video: Photographs and/or video will be taken before and after treatments to document progress and/or for the purposes of medical education, research, scientific publications or educational presentations. Your identity will not be revealed for any reason, and we will obtain your informed consent before you are photographed.



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Sclerotherapy Post-Treatment Instructions

Compression: Before standing after your procedure, you will be required to put on your compression hose. Proper compression is very important, because it minimizes the blood's re-entering the injected vein, thereby decreasing the incidence of post-sclerotherapy hyperpigmentation and telangiectasia matting; it also improves venous blood flow. The hose must be worn continuously 24 hours-a-day for 7 days. They may be removed to be laundered. You may be instructed to wear them longer, depending on the specifics of the treated area.

Bathing: A shower is allowed 24 hours post-treatment. To avoid dilation of veins, avoid hot tubs, baths, saunas and Jacuzzis for 2 weeks after sclerotherapy.

Hyperpigmentation: If you develop hyperpigmentation after sclerotherapy, to avoid further pigmentation you should apply sunblock to areas where you expect to have sun exposure. Continue to use sunblock until the hyperpigmentation has resolved.

Driving: You may drive immediately after treatment. We recommend you stop and stretch your legs if your trip is more than one hour long.

Activity: Please take a 15-minute walk immediately after your treatment. This will help circulate the solution what was injected during the procedure. Walking often is encouraged; it promotes efficient venous circulation. Avoid sitting and standing for extended periods and elevate your leg(s) above the level of your heart when possible over the next 2-3 days. Avoid high-impact aerobics, jogging, running, leg weight-lifting and sit-ups for one week after each injection treatment.

In most cases, you may return to work and resume normal activities after treatment.

Medications: To reduce bruising/bleeding, do not use Aspirin, Ibuprofen or any other over-the-counter anti-inflammatory medication for 10 days after each injection treatment. Tylenol can be used if you experience any discomfort after the procedure.

Follow-up: Your practitioner will advise you when to return for follow-up. If you require subsequent treatments, they will be scheduled in 1-4 week intervals. If you notice dark knots or cords at your injection sites please call our office; you may need to return sooner to have your there areas looked at. REMEMBER, our office is available to you before and after treatment for any questions and concerns. Do not hesitate to call. Please keep your follow-up appointment after treatment.

WE WANT TO THANK YOU FOR TRUSTING US WITH YOUR CARE