

Sclerotherapy

What to Expect Before, During and After Your Procedure

Before Your Procedure:

- If you are taking Coumadin (Warfarin), Plavix (Clopidogrel), Motrin (Ibuprofen), Aleve (Naproxen), Aspirin or other supplements like fish oil, Vitamin E, flax, etc., please let your physician know before your procedure, as these medications can cause bruising.
- DO NOT STOP any prescribed medication unless your primary care doctor approves it.
- Please be aware some medications must be stopped 1-2 weeks before the procedure to minimize bleeding or bruising.
- Avoid self-tanners and spray tans 2 weeks prior to treatment.

During your procedure:

- You will be given disposable shorts to wear.
- During the injections you will be lying down on a flat bed.
- Multiple injections will be administered.
- Your physician will determine if he/she is able to treat both legs in one visit. If only one leg can be treated, you may schedule as soon as the next day to have the other leg treated.

After your procedure:

- You will need to wear a 30-40 mmHg, thigh-high, graduated compression medical stocking (available at our office) 24 hours a day for 1 full week, including when you shower, exercise and while you sleep. You will be measured in our office for appropriate size stockings.
- Walking as much as possible is recommended after treatment (mild to moderate exercise is also okay).
- Tenderness, soreness, itching and mild discomfort may be experienced for a few days.
- Once you remove the stocking, your leg veins may look worse.
- Bruising, tenderness, soreness and darkening of the veins are normal.
- 2 weeks after your treatment you may experience a coagulum (a small collection of blood that is trapped within the vein but is NOT a blood clot). Coagulum may be tender and sore. We advise that you come in for a follow up and have your physician drain the coagulum. Draining the coagulum will help relieve tenderness and soreness and

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minimize brown staining of the skin. Ibuprofen 400mg (OTC) 2-3 times a day can be taken to help relieve inflammation.

- On average, it takes 6-8 weeks to notice full improvement.
- Patients may need more than 1 treatment. If so, we recommend that you wait 2 months before retreating.
- Hyperpigmentation (brown staining) of the skin located over the treated veins may persist for weeks to months prior to resolving. All of these symptoms are temporary and will subside naturally over time.

If your symptoms worsen over time, please contact our office at (858) 657-1002.