

Sclerotherapy

What to expect before, during and after your procedure

Before Your Procedure:

- Avoid self-tanners and spray tans 2 weeks prior to treatment.
- If any blood thinners (such as Ibuprofen, Advil, Motrin, Aspirin, Coumadin, fish oil or vitamin-e) are taken prior to treatment, you may experience more bruising.

During Your Procedure:

- You will be given disposable shorts to wear during treatment or you may bring your own.
- During the injections you will be lying down on a flat bed.
- Multiple injections will be administered.
- Your Physician will determine if both legs can be treated 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 30-40 mmHg, thigh-high, graduated compression, medical stocking (available in our office) 24 hours a day for 1 full week, including when you shower and while you sleep. You will be measured in our office for appropriate size stocking.
- Walking as much as possible is recommended after treatment (exercise is also okay).
- Tenderness, soreness, itching and mild discomfort may be experienced for a few days.
- Bruising, tenderness, soreness and darkening of the veins is normal.
- Some patients experience mild cramping while sleeping. Getting up and walking around the house for a few minutes may alleviate the cramping sensation.
- Two 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(s) may be tender and sore. We advise that you come into the office and have your physician drain it. Draining the coagulum will help relieve tenderness and soreness and prevent brown staining. Ibuprofen can be taken to help relieve inflammation.
- Once you remove the stocking, your leg veins will look worse. On average, it can take **8-12 weeks to notice full improvement**. Wearing lighter 20-30 mmHg compression stockings (available in our office) during the day can speed up this process.
- Multiple treatments may be necessary to achieve desired results. It is recommended that you wait 2-3 months before re-treating the same leg.
- Follow any additional specific post treatment instructions from your Physician.
- **The above symptoms are temporary and will subside naturally over time. If your symptoms worsen, contact your Physician.**

Please contact our office if you have any questions or concerns at (858)657-1002.

Additional notes/instructions:

Physician: _____ Assistant: _____ Date: _____
