



## **SCLEROTHERAPY PRE TREATMENT INSTRUCTIONS:**

**COMPRESSION STOCKINGS**-are required to be worn immediately after each injection treatment or if you have had aspiration of trapped blood from an injected vein. Stockings can be purchased from our office or you may request a prescription to purchase them at a pharmacy or medical supply store. You cannot be injected without your compression hose. The hose must be worn continuously for 24 hours after your treatment. Then they may be removed and worn daily, during the waking hours, for seven more days. Your practitioner may adjust the length of time to wear your hose. The compression hose are critical to the success of the treatment.

**LEG PREPARATION**-do not apply oil, lotion or powder to your legs the night before or the day of your injections. Use of these toiletries will not allow the cotton balls and tape to adhere to your skin.

**CLOTHING**-bring a pair of loose, comfortable shorts to wear during your treatment. Dress in loose clothes and comfortable shoes to accommodate the cotton balls, tape and hose after your treatment.

**MEDICATIONS**-discontinue Aspirin (Bufferin, Anacin etc.) and Ibuprofen (Motrin, Advil, Aleve etc.) and fish oil for 7 days before and after injections to reduce bruising. Acetaminophen (Tylenol) is allowed.

**TIME ALLOTTMENT**-a sclerotherapy treatment should last approximately 30-45 minutes. You should arrive 10-15 minutes early for your first sclerotherapy treatment to allow time for photographs and to sign your consents. You should then allow 15 to 30 additional minutes to apply your support hose, get dressed and to check out of the office. If you need to cancel or reschedule your sclerotherapy treatment, please give our office at least 72 hours notice.