

SCLEROTHERAPY PRE- AND POST-OP INSTRUCTIONS

PRE-OP INSTRUCTIONS

1. Areas being treated should not be tan; therefore prolonged U.V. exposure prior to treatment is not advised.
2. Wear loose pants to your appointment.
3. Bring shorts to wear at your appointment for comfort and ease of treatment.
4. Do not apply creams or lotions to your legs the day of your appointment.
5. Please arrive 15 minutes prior to your scheduled appointment time.

POST-OP WOUND CARE

1. After treatment, spot compression will be secured with tape on the injection sites. An ace bandage or compression stocking may be used for added compression. These should remain in place until the following morning. Soak off spot compressions the next morning with warm water (bath oil may be added to bath water).
2. Continue normal activities, walking is encouraged. Refrain from strenuous exercise for 7-10 days. Avoid hot baths, saunas, hot tubs, and long-distance travel during this time.
3. Wear compression stockings for 7-10 days after spot compressions are removed. **It is okay to take stockings off at bedtime.**
4. It is common to experience mild itching along the treated vein sites as well as mild to moderate swelling or bruising at the injection sites. There may also be discoloration along the treated vessels and some mild discomfort at injection sites. You may use moisturizers and sunscreens on your legs after the dressings are removed. In addition, you should apply plain Vaseline to any crusted areas.
5. Use broad spectrum sunscreen.
6. Please contact our office immediately at (203) 792-4151 if you notice any redness, tenderness, or open sores in any of the treated areas.