

Before having your SCLEROTHERAPY:

Have a consultation first to see if you are a candidate. A plan can be established that is best for you. Most areas require 3-5 treatments for complete response.

Let us know of any medical conditions, especially significant circulatory problems, diabetes, allergies to medications or adhesive tape.

Eat a light snack or meal before your appointment.

Bring in shorts or a skirt to wear during and after the procedure. Purchase compression stockings (20-30 mm Hg) and bring to appointment to wear after.

Do not use moisturizers or moisturizing soap for 48 hours before treatment.

Do not shave for 48 hours prior to treatment.

After having your SCLEROTHERAPY:

The initial stinging and burning sensation will subside in 20-30 seconds. Sometimes a “cramp” sensation may last a few minutes. Tenderness, bruising, or a firmness (especially along larger vessels) in the treated area may last for varying periods of time. Blistering, bruising, redness, itching, temporary brown spots, a pink blushing of the skin and irritation may develop and is temporary.

Leave the dressings on for the remainder of the day and then remove. If you brought compression stockings, they can be put on on top of the dressings. Continue to wear for 1 week but can be removed during sleep, exercise or bathing.

Do not use moisturizers or shave your legs for 2 days.

Avoid sun exposure for the next couple of weeks while healing to avoid pigmentation. If discoloration does appear, a bleaching cream (available for sale at our office) may need to be used. Use as directed.

Mild walking for 30 minutes a day for next 2 days is encouraged. You may resume regular exercise after 2 days. Do not fly for 2 days after the procedure.

Avoid chlorinated pools, spas, and salt water swimming for 2 days.

Sometimes large varicose veins can have blood that needs to be drained so if you feel a lump please call to make an appointment within 2 weeks.