



Leg Vein Therapy / Sclerotherapy Pre & Post Treatment Instructions

1. Do NOT take aspirin, aspirin containing medications or non-steroidals (ibuprofen, Aleve, Advil, Nuprin, Motrin) for 10 days before and 3 days after treatment. Acetaminophen (i.e., Tylenol) is fine.
2. Please be well hydrated. Drink 16oz. of fluids four hours before procedure; no caffeine.
3. You will need to purchase 18-20mm medical compression stockings such as Jobst or Sigvaris (These are available at the office at a cost of \$48 after tax).
4. Bring shorts and compression stockings with you on the day of your leg vein treatment. It will be more comfortable for you to wear shorts during your treatment. You will need to start wearing your support hose immediately after your treatment.
5. Support hose should remain on for 72 hours. After 72 hours you may take the support hose off at night, but you should continue wearing them as much as possible for three weeks. You do not need to sleep in them after the first 72 hours. Wearing the support hose beyond three weeks will improve your results and long term vein health.
6. Do NOT plan any extra activity, i.e., dancing, mall walking, etc. for at least 72 hours. Try to elevate legs. Avoid hot baths, as heat causes blood vessels to expand. Quick showers are recommended. Avoid power leg workout for one week.
7. Protect treated areas from the sun and use sunscreen for 4 weeks after procedure is done.
8. Ice may be used to minimize discomfort from leg vein treatments.
9. In some instances areas treated may blister or form scabs. If this occurs, apply a topical antibiotic such as polysporin or bacitracin to the areas twice a day.