

Pre-Treatment Instructions for Sclerotherapy

1. It is necessary to have a pair of prescribed compression stockings (20-30mmHg or 30-40mmHg) available to wear after your sclerotherapy treatment. You will get a better results and need less treatment sessions if you wear your support stockings for 1 week after treatment.
2. Avoid taking Aspirin and other blood thinning medications including ; Vitamin E, Ginkgo Biloba, Aleve, Ibuprofen and other non-steroidal anti-inflammatory drugs (i.e. arthritis medications) for 2 days before and 2 days after your treatment. These medications can increase bruising and interfere with effectiveness of treatment. If these products were prescribed by your physician, stop using them only if your prescribing physician approves.
3. Avoid alcohol and smoking for 2 days before and 2 days after treatment.
4. Before your appointment, shower and wash your legs as usual. Do not apply any cream or moisturizer to your legs the night before and the day of your treatment.
5. Wear loose fitting clothing the day of treatment, you will be wrapped in an ACE bandage and tight clothing may not fit.
6. Bring a pair of shorts to wear during the procedure.
7. Eat a light meal or snack prior to your appointment.
8. Vitamin C may decrease bruising and aid healing when taken. You can start taking vitamin C up to 1 week prior to treatment and 1 week after treatment (maximum dose of 2000mg/day).
9. If possible, avoid taking iron for 1 week before and 1 week after sclerotherapy, this will help decrease chance of hyperpigmentation.
10. Avoid tanning for 1 week prior and 1 week after treatment.
11. If you take Hormone Replacement Therapy or Birth Control Pills, beware that they can be angiogenic and increase chances of hyperpigmentation (brown staining of skin).

12. You should not undergo this treatment if you are currently breast feeding.

Be advised, you likely will need more than one treatment and maintenance treatments every few years. Do not expect 100% vein obliteration for all veins after just 1 session. You may require 3-5 sessions per leg, with treatments staggered every 2-4 weeks.

****50% Deposit is required for all appointments. 24 hour notice is required for all cancelations, otherwise deposit is held as cancelation fee.****

If you have any questions, please call Oceana Vein Specialists at 760-769-8346

Post-Treatment Instructions for Sclerotherapy

1. After your session, your leg will be wrapped in an ACE bandage with taped compression pads underneath. Leave these bandages on for the first 24 hours.
2. You will be required to walk for approximately 10 to 30 minutes after your treatment.
3. After 24 hours, or the following morning, you may remove the ACE bandage and gently remove the taped compression pads prior to your shower. Normal activity is encouraged at this time, while wearing compression stockings.
4. Following the sclerotherapy session, you should wear compression stockings for 3 days if only small red vessels were treated, or 7 days if larger blue veins were treated. The more you wear your compression stockings, the better the results will be and the number of treatments may decrease. Remember, do not sleep in your compression stockings.
5. Avoid strenuous activities such as high impact aerobics, running, or leg exercises for 48-72 hours following your treatment. You may resume strenuous exercise 5 days after your treatment, as long as compression stockings are worn.
6. If re-treatment is necessary, it may be performed at 6-8 week intervals for previously treated areas (this gives your body time to heal and maximize improvements). Untreated areas may be treated weekly.
7. Bruising and discoloration are common after sclerotherapy. These issues will resolve after a number of weeks. It is very important to avoid sun exposure to the treatment areas, as sun exposure can cause hyperpigmentation (skin darkening) in the treated areas. It is recommended to wear broad spectrum sun block and avoid prolonged direct sunlight for at least 2 weeks after treatment.
8. Do not be alarmed if larger treated veins becomes red or black, hard or tender. This is an expected result and means that the vein is shut and your body will absorb it. If a closed vein takes more than 4 weeks to reabsorbed, you can schedule a 15 minute session for declotting.

9. Pain after sclerotherapy is usually minimal and goes away after 1-2 days. If you experience discomfort, you may take Tylenol or Extra-Strength Tylenol. If you experience significant pain, redness, swelling, crusting, or bleeding, call our office immediately.

10. Avoid hot baths, hot tubs, and long hot showers for 2 weeks.

11. It is advised to avoid flying for 48 hours after the treatment of larger veins.

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