

SCLEROTHERAPY INSTRUCTION SHEET

Before each treatment:

- It is recommended that you eat a meal or have a light snack prior to treatment.
- You may shave your legs the evening before your treatment but do not use any lotions or moisturizers for 24 hours prior to treatment.
- Please bring shorts to wear during your treatment (or we will provide shorts for you to wear). Let us know if you are taking any new medications and/or if you are taking Minocycline Also, let us know if you are pregnant or nursing as this may affect your ability to receive treatment.
- Please notify our office **prior to** your scheduled treatment if something has occurred (i.e. injury or illness) that will interfere with normal walking.
- Bring compression hose to each Appointment

After your treatment:

- **Do** walk and use your legs as normally as possible following treatment.
- Leave compression hose in place for 24 hours. After 24 hours you may remove the compression and shower. Wear for at least 4 days! **For best result wear for 6-8 weeks!**
- **AVOID** hot baths or soaks for several days.
- Expect to have bruising. Treatment sites normally look worse before they look better.
- Development of small wheals or hives is common at injection sites. If itching is bothersome, over the counter Benadryl 25mg every 6 hours can be helpful. Be aware that Benadryl can cause drowsiness. Do not take Benadryl if you are allergic to it.
- Along the treated veins: There may be some mild discomfort. The vein may appear like it has not been injected at all or may appear lighter. These veins can take up to 8 weeks to fade even when properly treated. The vein may feel hard or lumpy in places. This is also normal, especially when the veins are larger in size. Sometimes there may be an appearance of trapped blood which is blood is stuck between two vein segments. It poses no health threat to you, however, it should be drained to give the best cosmetic results. If you think you have trapped blood, call us so we can see you to evaluate if draining the area is needed before your next scheduled appointment.
- On rare occasions, it is possible that a patient may develop an ulcer from the medication. Please call us to report ulceration, and if possible, come in for us to take a look at the area of concern.
- Ulcers can be tender and purplish in color. It is important to keep this area clean and dry. Avoid touching or scratching the ulcer to help prevent worsening or infection.
- Notify the office if an ulcer appears.
- Arnicare cream may be applied two to three times a day to decrease bruising along with Bio Oil as a moisturizer for legs.
- It is recommended that you do not fly for 2 weeks after injections.

- Redness, heat, swelling, and drainage are not common. Abnormal symptoms should be reported.
- For achiness or swelling: Ibuprofen 600mg, by mouth every 6 hours, with food is recommended. If you are unable to take Ibuprofen, it is fine to take two Extra Strength Tylenol every 4-6 hours. Warm compresses are also helpful.
- Maintain normal activities, but avoid heavy lifting. Also avoid sitting or standing for long periods, high impact exercises or exercise involving excessive abdominal contractions for a period of 7-10 days (unless otherwise advised).
- Plan to wear compression stockings (20-30 mmHg compression hose) for long trips, long periods of standing, or when legs ache, even after healing has occurred.

By signing below, I acknowledge that I have read the instruction form in its entirety. My healthcare provider has adequately informed me of all the instructions. All questions have been answered to my satisfaction.

Patient Printed Name: _____

Date of birth: _____

Patient Signature: _____

Date: _____

Witness Signature: _____

Date: _____