

SCLEROTHERAPY

PRE-TREATMENT INSTRUCTIONS

- Avoid aspirin or related products (i.e., Motrin, Advil, Aleve), non-steroidal anti-inflammatory drugs (i.e., arthritis medication), or non-essential herbal medications for seven days prior to treatment, as this may increase bruising.
- Bring compression socks or hose to wear when you leave the office and for up to two weeks after treatment. We recommend thigh-high or pantyhose style with 20 to 30 Hg compression.
- Do not drink alcoholic beverages or smoke for two days before treatment.
- Do not shave or use depilatories on legs the day of treatment.
- Discontinue use of an artificial tanner at least one week prior to treatment.
- Shower and thoroughly wash your legs with antibacterial soap prior to treatment.
- Do not apply lotion to your legs on the day of treatment.
- Mild muscle cramping is common. Tylenol can be taken if necessary.
- Be sure to have loose-fitting clothing and comfortable walking shoes with you.
- If you have any questions, please contact Anna prior to the procedure