

# SCLEROTHERAPY INJECTION

## Pre & Post Treatment Instructions

The following is a guideline, if you have any queries, please contact us.

### **Pre-Treatment Care**

- Pregnant and breastfeeding mothers are advised not to do sclerotherapy.
- Do not wear lotion, oil, self-tanners, or cream on your legs on the treatment day. You may shave your legs the night before.
- To reduce bruising, Arnica tablets may be taken from 1 week prior to your treatment.
- Stop all intake of Vitamin E, Aspirin, Ibuprofen, Alcohol and green tea, 1 weeks before and after your treatment. These may increase risk of bruising.
- Bring your support hose / compression stocking with you to your appointment, if you forget, your treatment may have to be rescheduled.
- Consider a shower in the morning before treatment. You will not be able to shower for 48 hours as you will not be able to take your stockings off during that time.

### **Post-Treatment Care**

- Take a walk at a normal pace after your treatment for around 10-20 minutes.
- Immediately after the treatment there may be slight redness, swelling, tenderness and an itching sensation in the treated area. This is a normal result of the injection. The discomfort is temporary and generally subsides in a day or two.
- If your skin swells or bleeds easily, plan to go home and apply ice to the area(s) for a few hours.
- Wear compression stockings continuously for the first 48 hours following your treatment. After that it should be worn for 12-24 hours per day for at least 2-4 weeks after treatment to insure the best result.
- You may shower after 48 hours. Hot baths, hot tubs, and saunas should be avoided for two weeks after sclerotherapy to avoid venous dilation.
- Alcohol should also be avoided for 24 hours after treatment.
- You may resume normal activities straight after treatment. However, high impact aerobics, jogging, running, leg weight lifting and sit-ups should be avoided for one week after treatment.
- Until the initial swelling and redness have resolved, do not expose the treated area to intense heat (e.g. solarium and sunbathing) or extreme cold.
- Watch for any signs of infection. Some redness is expected. If you develop progressively enlarging areas of redness or any drainage of pus, contact your practitioner.
- Do not "pop" blisters. If you develop a blister and it opens, simply allow it to dry. Wash the area gently with mild soap and water during your regular hygiene.
- If you notice dark knots at your injection site, please contact us. You may need to return to have these areas aspirated. Your practitioner will advise you when you should return for subsequent treatments.
- Treatments are best performed at intervals of 4-6 weeks apart, during the cooler months so that support hose/stocking usage is tolerable.
- You may drive immediately after your treatment. If your trip home is more than an hour, we recommend that you stop hourly to stretch your legs.

You need to be patient when it comes to the outcome. Your leg may look worse initially because of possible bruising, blistering, or local swelling. Results can take up to several weeks to be apparent.

Remember it is important to contact us if you have any questions or concerns before or after your sclerotherapy treatment.