

Sclerotherapy Care Instructions

Before Your Treatment

- Purchase compression stockings 15-22 mmhg.
- Avoid blood thinners such as ibuprofen and aspirin 24 hours prior to treatment.
- Avoid sun exposure for two weeks prior to treatment.

After Your Treatment

Proper aftercare is essential in ensuring positive results. The treated area may be itchy, red, swollen, bruised, or tender immediately after treatment. A complete list of possible side effects was provided to you prior to the procedure.

- Following your treatment, we strongly recommend wearing compression stockings for the first three days for 24 hours a day and then during waking hours for one week. Avoid strenuous exercises, hot tubs, hot baths, heat, and sun exposure for the 1st week following your treatment.
- You may feel some discomfort, such as muscle aching and/or cramping following your treatment. Frequent walking, flexing feet while sitting, taking ibuprofen or acetaminophen, and applying Arnica gel will help reduce these symptoms.
- After a few days you may notice some dark areas or feel bumps along the treated veins, which is a normal response and can be expelled two weeks after treatment.
- It has taken many years to form these veins so it may take several sessions to obtain your desired results. Each treatment session can be scheduled at 4-6-week intervals and your treated veins will continue to fade over several months, so please be patient.
- Please bring compression hose and shorts with you to your appointment.

Questions/Concerns. Post-treatment healing varies from patient to patient. If you have any questions or concerns, please contact our office at 425-450-0880.