

SkinPhysicians & Surgeons

PRE AND POST TREATMENT INFORMATION AFTER SCLEROTHERAPY

WHAT TO DO BEFORE YOUR TREATMENT:

- We will provide you compression hose put on immediately following your treatment. They will fit your body, since you will be measured to determine your size. If you wish to purchase your own hose, please purchase two pairs of graduated compression stockings and bring them with you. Please look for "graduated" compression stockings that extend to the waist, with the pressure between 15 - 20 mm Hg.
- Do not shave your legs the morning of the procedure. The solution used to clean your legs may sting more if you legs have been recently shaved.
- Before your appointment, do shower and wash your legs thoroughly with an antibacterial soap.
- Do not apply any cream or lotion to your legs the day of your procedure.
- Bring loose-fitting shorts to wear during the procedure.
- Bring loose-fitting clothes and comfortable walking shoes to put on after the procedure.
- Eat a light meal or snack prior to your appointment.
- It is best to avoid aspirin or ibuprofen (non-steroidal anti-inflammatory) products for one week prior to the procedure to minimize bruising [Tylenol (acetaminophen) is OK to use].
- It is best to avoid alcoholic beverages and smoking for at least two days prior to the procedure as this may impair healing.

WHAT TO DO AFTER YOUR TREATMENT:

- Immediately after the procedure, put on your compression stockings, and walk for 10-30 minutes. If you will be driving for more than 30 minutes after your appointment, bring someone with you to drive so you can move your legs and feet OR stop and walk around every 20-30 minutes.
- Leave any cotton balls and tape on that may have been placed until bedtime. If itching or burning develops, remove the tape immediately.
- Wear support stockings 24 hours a day for 7 days – even overnight. For best results, wear two pairs of stockings (with total compression of 40 mm Hg) during the day, and one pair overnight to avoid cramping of the feet when the legs are elevated.
- You may remove stockings for brief (5-10 minutes) showers. Water must not be very hot.
- Avoid hot baths for two weeks.
- Avoid standing in one place for long periods
- You may resume normal light activity, e.g., walking, swimming, biking.
- You should avoid heavy activity including running, high-impact aerobics, etc for the first 3-4 days
- Avoid sun exposure to treated areas for 2-3 months to avoid development of dark skin pigmentation, which is usually temporary but may persist for many months.
- If small scabs develop at injection sites, apply Polysporin or Bacitracin ointment liberally and keep the spot covered with a band-aid until healed.

WHAT TO EXPECT AFTER YOUR TREATMENT:

- The treated areas will take 4-8 weeks to respond.
- You may experience some minor discomfort at the injection site during the procedure, which may persist for a few days following the injection.
- A small amount of swelling, bruising, or scabbing can sometimes be seen for several days at the injection sites.
- You may experience dark pigmentation at the injection site, which may take weeks to disappear.
- The body is not symmetrical, and sometimes the injections can have a more pronounced effect on one area or side of the body than on the other.
- Sometimes the results fro the procedure will not achieve the full desired effect, and the injection may need to be repeated.
- Treatments to the same region can be repeated every 4-6 weeks.