

OGA AESTHETIC & LASER CENTER

SCLEROTHERAPY PRE/POST TREATMENT INSTRUCTIONS/INFORMATION

Pre-treatment Instructions

1. Avoid taking aspirin, non-steroidal anti-inflammatory medications such as Advil, Ibuprofen, Motrin, or Aleve, St. John's Wort, high doses of Vitamin E supplements and Omega 3 supplements for two days prior to treatment. These agents may increase bruising and bleeding at the injection site.
2. Avoid heavy exercise of any kind for two days prior to treatment. This includes swimming, jogging or any other type of exercise that creates heat in the legs.
3. Avoid hot tubs or saunas on the day before and the day of the procedure.
4. Do not apply creams or lotions to your legs the day before or the day of the procedure.
5. Bring a comfortable pair of shorts to wear during the procedure.

Post-Treatment Instructions

1. The first 24 hours following the procedure are very important. You should elevate your feet from a recumbent (lying-down) position as much as possible. Try to stay off your feet whenever possible for the next two days.
2. Wear the compression stockings for the next two weeks during your waking hours. You do not need to sleep in them.
3. Avoid hot baths, hot tubs, saunas and heated spas for the next two weeks. You may take warm showers.
4. Avoid exercise of any type involving the legs for the next seven days. Continue to avoid strenuous or high impact exercise for the following week.
5. Continue to avoid the agents listed in number 1 of the pre-treatment instructions for two weeks. You may take Tylenol or acetaminophen for pain if needed.
6. Refrain from sunbathing for the next two weeks.

General Considerations

As with any medical procedure, there are risks and benefits. The benefits of this procedure are for the most part, cosmetic. The risks or side effect may include:

- Bruising at the injection site. These may last for up to 6 weeks and will gradually fade.
- Redness or itching at the injection site. You may treat itching with Benadryl cream or over-the-counter hydrocortisone cream or ointment.
- Swelling in the legs. The use of compression stockings and elevating the legs help to minimize this effect.
- Veins that don't disappear completely. They will typically fade to an unpredictable degree.
- New veins may appear. This treatment does not treat the cause of the varicose veins; it treats the effect of the cause.
- An increase or decrease of the pigmentation around the injection sites.

Please understand that this vein treatment is neither perfect nor permanent and that your chances of a favorable outcome will be increased if you make the commitment to follow these instructions.