

SCLEROTHERAPY: PATIENT INSTRUCTIONS

PRE-TREATMENT:

1. Avoid alcohol, ibuprofen, Aleve, vitamin E, ginseng, garlic, ginkgo or any other “blood thinner” for 5 days before the procedure until 2 days after to reduce the chance of bruising.
2. Avoid aspirin or aspirin products for 10 days before until 2 days after the procedure.
3. Avoid shaving the day of the procedure.
4. Bring a pair of comfortable shoes, and a loose skirt or pants.
5. Purchase some compression stockings (we recommend Jobst stockings at 15-20mm of mercury) or a support hose like Hanes Alive or Legg’s Active Support (1 size smaller than you would normally wear) for use after the treatment.

POST-TREATMENT:

1. Coban wrap (similar to a sticky ACE bandage) is applied immediately after treatment. This wrap should be snug and remain in place for 24 hours. Support or compression hose may be worn over this wrap, but is not necessary. After 24 hours, the Coban wrap can be removed, and the support hose should be worn for 4 more days.
2. Leg elevation is unnecessary.
3. Normal activity is encouraged, but vigorous exercise should not be resumed for 5 days.
4. If re-treatment is necessary, it may be performed at 6-8 week intervals for previously treated areas. Untreated areas may be treated weekly.
5. Support hose are recommended for everyday wear. Brands that many patients prefer include Hanes Alive or Legg’s Active Support.
6. For large veins, Dr. Poole may recommend wearing compression hose during the day for 3 weeks.