

Patient Instructions for Sclerotherapy

Prior to treatment:

1. Please purchase compression stockings prior to your treatment and bring them with you to the appointment, to optimize your treatment results. We recommend compression stockings with 20-30 mm Hg compression.
2. Avoid sun exposure for 1 month before and after treatment. A broad-spectrum sunscreen of SPF 30 or greater should be used when exposed to the sun.
3. Aspirin, ibuprofen, naproxen should be discontinued 7 days prior to treatment and two weeks after treatment to avoid excessive bruising (please check with your primary care physician if prescribed for medical reasons).
4. The following herbal supplements should be discontinued 7 days prior to treatment: gingko, ginseng, garlic, fish oil, vitamin E, and iron.

Day of Treatment:

1. Avoid using moisturizers on the day of your treatment.
2. You may be most comfortable wearing shorts or a skirt for the treatment.
3. Your legs will be bandaged with cotton balls and an adhesive paper tape for the first 48 hours. Please let us know if you have allergies or sensitivities to paper tape.

Post-treatment:

1. Compression bandage applied after sclerotherapy is critical for the success of the procedure. Compression keeps the veins collapsed. There is less of a chance that blood will re-enter the injected area. Leave the cotton balls, compression bandages, and compression stockings in place for 48 hours. After 48 hours, remove the compression tape and cotton balls. You may find it easier to remove the compression tape after soaking in a warm bath or shower. Put the compression stockings back on after the bandages are removed. It is important to keep the veins compressed.
2. Wear your compression stockings every day for 2 weeks. You may take them off while you sleep. After this, wear the stockings as much as possible. Be sure to wear them when at work or standing for long periods.
3. Bruising and discoloration are common after sclerotherapy. Bruising may take weeks to resolve while post inflammatory hyperpigmentation may take months to resolve. It is very important to avoid sun exposure to the treatment areas after sclerotherapy. Sun exposure can exacerbate hyperpigmentation (skin darkening) in treated areas. Wear protective clothing and a broad-spectrum sunscreen of SPF 30 or greater, for at least 1 month after the treatment.
4. Avoid heavy weight lifting, sit-ups and aerobic exercises, such as jogging, for 2-3 days. This puts pressure on your belly. It could enlarge the veins by forcing blood into them.
5. Avoid hot baths, whirlpools or saunas for 2 weeks. These dilate the small veins. You should take a sponge bath or cover the dressing while bathing.

6. You may experience pain after sclerotherapy, which is usually minimal and goes away after 1-2 days. If you experience discomfort, you may take a Tylenol (acetaminophen) 500mg, 2 tablets every 6 hours as needed, for 1-2 days. If you experience significant pain, redness, swelling, crusting, or bleeding, call our office immediately.

7. If you experience slight redness or itching at the injection site in the first 48 hours, you may have a hypersensitivity reaction to the sclerosant agent, which is usually minimal and goes away after 1-2 days. You may take Benadryl (diphenhydramine) 50mg every 6 hours as needed, for 1-2 days.

Call the clinic at (206) 456 4464 if you notice:

- Redness
- Drainage
- Warmth
- Increased tenderness. Slight tenderness is normal.

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