

Hamptons Vein & Vascular
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Sclerotherapy Patient Instructions

PRIOR TO YOUR APPOINTMENT

1. Avoid anti-inflammatory medications such as Advil or Aleve (Ibuprofen) 7-10 days before the scheduled procedure.
2. Please do not shave the night before or day of your procedure.
3. Do not apply lotion to your legs the day of your procedure.
4. Be sure to bring or wear loose fitting pants or sweat pants. You may also wear shorts.
5. Bring your compression stockings

POST PROCEDURE INSTRUCTIONS

1. Take a walk, at a normal pace after your treatment - for 20 minutes to avoid blood clot formation.
2. You may shower after 48 hours. Hot baths, hot tubs and saunas should be avoided for 2 weeks after sclerotherapy to avoid venous dilation.
3. Wear compression stockings continuously for the first 48 hours following your injection appointment. After that, you may remove the tape and cotton balls. Wear the stockings daily for at least 2 weeks, though 4-6 weeks is best for optimal results. Proper compression is very important because it minimizes the blood re-entering the injected area, decreases the incidence of post-sclerotherapy hyper-pigmentation and telangiectatic matting and it improves venous blood flow.
4. Take Tylenol for any discomfort experienced. Avoid Advil (Ibuprofen), Aleve, aspirin or other anti-inflammatory medicines for at least 10 days. The inflammatory response is part of the treatment process.
5. Avoid sun exposure, including tanning booths for 4 weeks or until bruising or discoloration resolves.
6. Apply sun block, should sun exposure be anticipated with normal daily activities.
7. Watch for any signs of infection. Some redness is expected. If you develop progressively enlarging areas of redness or any drainage of pus please contact our office immediately.
8. Do not "pop" blisters. If you should develop a blister and it opens, simply allow it to dry. Wash gently with mild soap and water during your regular hygiene routine.
9. Avoid high impact activities such as aerobics, leg weight lifting, jogging and running for 1-2 weeks after each injection treatment.
10. Please be patient as you await the final result. You may think your legs look worse initially because of possible bruising, local swelling or blistering. Results can take several weeks to be appreciated.