



SCLEROTHERAPY

TREATMENT OF VARICOSE AND SPIDER VEINS

BEFORE TREATMENT

THE DAY OF TREATMENT

- * Avoid taking Aspirin (less bruising)
- * Avoid waxing or shaving your legs
- * Avoid using skin cream so tapes will stick
- * Eat regular meals so you are not hypoglycemic
- * You may choose to bring shorts to wear during the procedure
- * Bring slacks or a long skirt to wear after
- * Bring the support hose you have been fitted with

AFTER TREATMENT

- * Wear support hose immediately and daily for a minimum of 5-7 days and up to 2-3 weeks for best results
- * Walk for 10 minutes immediately following treatment
- * Remove cotton balls approximately 2 hours following treatment
- * Elevate your legs for 15 minutes 3 x daily for 3 days
- * Avoid strenuous activity (aerobics) for the first 48 hours (less bruising)
- * Showers are fine but avoid hot baths and hot tubs for 5 days
- * If your legs become painful after injections, walk for 30 minutes, then elevate
- * Avoid sun tanning and tanning beds for at least 1 month following treatment to avoid causing permanent brownish pigmentation to injection sites. Wear a sunscreen SPF 15 or higher when out in the sun.
- * The veins treated will look darker before fading occurs during 1 months time. There will be some bruising at the injection sites. A brownish pigmentation may also develop which gradually fades over a period of a few months, but may last up to a year.
- * Following touch up treatments may be given after 4-6 weeks. Up to 3-4 treatments may be necessary depending on the size of the vein

Please do not hesitate at any time to contact this office at 403-328-1122 if you have any questions or concerns