

Things to Know About Sclerotherapy Pre-Treatment

1. You will need to wear compression stockings for 48 hours straight after having sclerotherapy. Then during the day for 7-14 additional days.
2. You will need to avoid high impact exercise for a week after treatment. This includes leg weights, squats, spin classes, running. You can walk and do other low impact exercises.
3. Please avoid aspirin, fish oil, St Johns wart, ibuprofen or alcohol 3-4 days before treatment.
4. **Bring your compression stockings to the appointment.** It is important to wear the compression stockings immediately after injecting the sclerosing fluid so that it will stay in the vessels and break them down. You should purchase thigh-high or full compression stockings. **They should have 15-20 mm Hg compression.** You can order these online or get them from Good Day Pharmacy in Longmont. They may have to order them for you, so call them a week ahead.
5. Bring shorts to wear during the treatment along with dark or black pants to go home in as there may be marker on your legs.

Post Sclerotherapy Instructions

1. Wear compression stockings for 48 hours straight. After the first 48 hours, wear the stockings in the day time for 7-14 additional days. You can take them off to shower.
2. Stay active and walk as much as possible for the first 2-3 days, high impact exercises. This is the most important step to prevent serious blood clots.
3. Avoid prolonged standing or sitting for several days. On long plane rides or car trips, get up and move around or at least flex your ankles periodically to activate the venous pump in your calf muscles.
4. Avoid hot tubs and hot baths for at least a week. The heat causes the blood vessels to dilate.
5. Avoid salty food for 48 hours. Drink plenty of water.
6. Bruising and tenderness may occur but is mild and temporary. You may take over the counter pain medications such as Aleve for any discomfort.
7. Schedule a follow up for 1 month after treatment. It is difficult to achieve 100% clearance of spider veins in one treatment session. Most people need 2-3 sessions. If the veins are very extensive, more sessions may be required. The follow up will just evaluate the first treatment. If you know you need another sclerotherapy session, you can schedule a second treatment to be done during the follow up. So make sure you tell the scheduling staff whether you need just a follow up evaluation or another 30 minute treatment.