

# *SAND LAKE*

## DERMATOLOGY CENTER

### SCLEROTHERAPY INSTRUCTIONS

#### PRE-TREATMENT

- No aspirin or aspirin-containing products, Motrin, Aleve, Advil, fish oil, vitamin E or ginkgo biloba should be taken 2 weeks prior to the treatment unless medically necessary.
- Do not use lotions or creams on the legs the day of the treatment.
- Please wear loose-fitting clothing on day of treatment. A full skirt, loose slacks or sweat pants are ideal.
- Please bring a pair of shorts to be worn during the treatment.
- If you have any further questions, please ask the doctor prior to the treatment.
- You will be provided with support hose at your visit.

#### POST-TREATMENT

- Walking is good. Walk for 10-20 minutes 3-5 times on the day of the procedure. Continue to walk regularly post-treatment. You may resume normal activities the day after treatment.
- No aspirin or aspirin-containing products, Motrin, Advil, Aleve, fish oil, vitamin E or ginkgo biloba for 3-4 days after the procedure unless medically necessary.
- Wear support hose for at least a 2 week period.
- When you are sitting down, try to elevate your feet and do not cross your legs.
- Please avoid sun exposure to all treated areas for 6 weeks after treatment, as ultraviolet light may produce darker pigmentation in the skin. Apply a sunscreen of at least SPF 30 whenever going outside.

If you have any questions or concerns, or experience an unexpected reaction or pain, please call our office immediately. We can always be reached after hours through our emergency line and are happy to speak with you any time.