

Sclerotherapy Pre and Post Care Instructions

Pre Instructions:

- Avoid consuming alcohol and/or smoking 2-days before your treatment and 2-days post-treatment.
 - Avoid anti-inflammatory/blood thinning medications 10-14 days prior to treatment. Medications such as Aspirin and other NSAIDS, Vitamin E, Fish oil, Gingko Biloba, Ginseng, and St. John's Wart should be avoided as they can increase the chance of bruising
 - Consider taking Arnica tablets 1 week prior to injections to prevent bruising. Arnica can be found at any health food store.
 - Please wear or bring dark legging or compression garments to your appointment.
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Post Instructions:

- Avoid tanning or prolonged sun exposure for 2 weeks.
 - Avoid high impact exercise and weight lifting for 48 hours after your procedure. Walking is good for healing and you're encouraged to walk 30 minutes per day including day of treatment.
 - For sclerotherapy legs, wear dark leggings or compression garments for 72 hours post procedure.
 - For sclerotherapy hands, you should wear compression bandages for 24 hours post treatment.
 - Can take Tylenol or Advil for any discomfort or pain.
 - After treatment, please avoid prolonged sitting or stationary standing, and traveling on airplanes or long car rides for one to two days.
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