



Sclerotherapy Pre & Post Instructions

PRE-OP INSTRUCTIONS

- **Leg Preparation-** do not use oil, lotion or powder on your legs the night before or the day of your injections.
- **Clothing-** bring a pair of loose, comfortable shorts to wear during your treatment. Dress in loose clothes and comfortable shoes.
- **Cost-** the total cost of therapy depends on the number of sessions. The nurses do the majority of sclerotherapy in our office. Each session costs \$300.00. If you request sclerotherapy by one of the physicians, these sessions cost \$400.00. We do not submit claims for sclerotherapy to insurance companies, but can supply you with a copy of your encounter form if you would like to submit your own claim. Payment is due at time of service.
- **Medications-** you should avoid the use of aspirin and/or ibuprofen for a few days before and after the treatment if possible. The use of these medications could increase the amount of bruising you may develop.

POST-OP INSTRUCTIONS

- **Compression Hose-** these are required to be worn immediately after each treatment or if you have had aspiration of trapped blood from an injected vein. Hose can be purchased at our office, we recommend thigh or pantyhose style with 20 to 30 Hg compression. The hose should be worn for 24 hours, and then worn daily during the waking hours for 3 more days. The compression hose are critical to the success of the treatment.
- **Driving-** you may drive immediately after your treatment. If your trip home is more than an hour, we recommend that you stop hourly to stretch your legs.
- **Bathing-** remove compression hose and shower the next day. Hot tubs and hot baths should be avoided for two weeks after sclerotherapy to avoid venous dilation.
- **Activities-** you may return to work and resume normal activity after treatment. Avoid high impact aerobics, jogging, running, leg weight lifting and sit-ups for one week after treatment.
- **Follow-up-** if you notice dark knots at your injection site, please call our office. You may need to return to have these areas aspirated. The doctor or nurse will advise you when you should return for subsequent treatments. Remember it is important to call our office if you have any questions or concerns before or after your sclerotherapy treatment.