

Instructions for Sclerotherapy

DAY OF PROCEDURE

1. Bring a pair of shorts to wear during the treatment.
2. Bring heavy support stockings, tights or leggings to wear after the treatment. These should be snug and provide support.
3. Do not apply lotion to your legs prior to your treatment.

AFTER THE PROCEDURE

1. Cotton balls will be taped over injection sites.
2. Wear the support stockings over the cotton balls until the next day. Remove the cotton balls and shower/bathe. Wear the support stockings for another 24 hours (48 hours total).
3. Avoid running, jumping, and aerobics for 48 hours. You may continue to walk and work on your feet.
4. It is normal for the treated areas to feel itchy or irritated immediately after the treatment session.
5. It is normal for some bruising to occur from the treatment. The bruising and discoloration may take several weeks to disappear. Typically, it takes 2-3 sessions of Sclerotherapy to get rid of most of your unwanted leg veins. Some veins may take months to completely disappear and may look worse before they look better. The treatment sessions are usually 2-4 weeks apart.
6. Minimize sun exposure for a few weeks after the procedure. If exposed to the sun, wear sun block and apply every six hours.

Please call our office at 717-728-1700 should you have any questions or concerns.