



www.dermcarecharlotte.com

(704) 341-0090 (Ballantyne) (704) 821-0615 (Indian Trail)

SCLEROTHERAPY INSTRUCTIONS

Pre-treatment

1. Wear or bring loose fitting shorts
2. Avoid moisturizers for 24 hours prior to treatment
3. Do not shave legs for 48 hours prior to treatment
4. Do not use blood thinning medications such as aspirin, ibuprofen, and vitamin E at least one week before treatment to avoid bruising.
5. Avoid sun exposure 2 weeks prior to treatment
6. Eat a light meal prior to the procedure
7. Bring medical support hose to your appointment. You may order them at www.footsolutions.com/ballantyne or www.brightlifedirect.com

Post-treatment

1. 20-30 mm Hg support hose are recommended continuously for the initial 48 hours and as much as possible for the following week.
2. Avoid heat or strenuous exercise for the first 48 hours. Elevation of the legs while sitting is recommended. After the initial 48 hours, walking is encouraged, but avoid aerobic exercise for one week.
3. Ice packs and Tylenol help alleviate any possible discomfort. Muscle cramps may occur. Gentle massaging and walking help alleviate these cramps.
4. Remove any bandages after 24 hours. There will be some post-treatment bruising and possible discoloration that will gradually fade. The treated areas will often look worse before better. Remember: It may take 1 to 3 weeks for improvement to be seen in the treated vessels. Sunscreen and sun avoidance while fading is important to avoid unsightly hyperpigmentation.
5. A small, superficial ulceration or dark clot may occur over an injected vein. If these areas become painful or red, contact our office immediately.
6. Treatment intervals vary, but waiting 4 to 6 weeks between treatments will help minimize the number of treatment sessions.