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SCLEROTHERAPY TREATMENT INSTRUCTIONS

We want your sclerotherapy treatment to be as successful as possible and it is for this reason we recommend several measures to assure optimal results

Before Your Treatment

1. Please make sure you bring your knee high compression hose with you: wearing support hose after sclerotherapy increases the effectiveness of the treatment.
2. If you take birth control pills or estrogen, inform the sclerotherapist about it. Stop it 2 days before and after your procedure.
3. We recommend not to drink alcoholic beverages and not to smoke for 2 days before and 2 days after your treatment because drinking and smoking may impair healing
4. Eat a light meal or snack 1 ½ hours before your appointment.
5. Bring loose fitting shorts or a leotard to wear during the treatment and long skirt or long loose fitting slacks to wear after treatment.
6. It is advised when having treatment of Reticular Veins to postpone flying for 48 hours.
7. If you develop fever or other illness before appointment you must reschedule.

After Your Treatment

1. You may experience slight discomfort such as aching or throbbing for the first day or two after your initial treatment. Walking will help to dissipate this sensation. Tylenol may be taken for discomfort.
2. Medical grade compression stockings will need to be worn immediately after the procedure then regularly for three days and three nights. It is recommended they continue to be worn for the next 2-3 weeks during the day. The vessels may appear to turn dark in color and or be slightly tender. Bruising may occur especially after the first treatment. Do not be alarmed, this is a normal process.
3. Avoid long baths, showers and saunas for 1-2 weeks following your treatment. It is also a good idea to cool your legs with cold water after each bath or shower.
4. If you are sunbathing or having any ultraviolet exposure following your treatment. **Please be advised that sunscreen is recommended** on the related areas because they may become tender and are more likely to burn and there is an increased risk of hyper pigmentation (darkening of the skin).
5. Avoid swimming in chlorinated pools for 48 hours following your treatment.
6. Should you experience any redness or a small lump, use warm compress several times a day. If you experience any open areas you may use polysporin ointment (NOT Neosporin) to the affected area for no longer than 5 consecutive days.
7. Lotions/creams may be applied 48 hours after treatment.

***It is important to remember that it has taken years for these veins to develop, and they will not disappear overnight. It may require multiple treatments or take one month or longer for the vessels to clear. Please be patient and allow time for the healing process to occur. Should you have any questions or concerns regarding your treatment please do not hesitate to call us at (850)872-8510 and ask for a Vein Team Member.**