



## SCLEROTHERAPY INSTRUCTIONS

### For one week prior:

- Avoid taking aspirin, high dose Vitamin E, omega 3 oil (less bruising)

### The day of treatment:

- Avoid waxing or shaving your legs.
- Avoid using skin creams so tape will stick.
- Eat regular meals so you are not hypoglycemic.
- Bring shorts to wear during the procedure.
- Bring loose pants or a long skirt to wear after treatment.
- Comfortable shoes (not sandals) for a 10 minute walk following treatment.
- **Bring Compression Stockings to wear after treatment**

### After treatment:

- Wear **Compression Stockings** immediately and daily for a minimum of 5-7 days, morning until bedtime. (it is helpful to wear the hose overnight for 1 night following treatment)
- Walk for 10 minutes immediately following the injections.
- Remove cotton balls in 2 hours.
- Elevate your legs for 15 minutes 3 times daily for 3 days.
- Drink 4-6 glasses of water daily.
- Avoid strenuous activity (aerobics/jogging/weight lifting) for 3-5 days.
- Brief showers are fine but avoid hot baths for 5 days.
- If your legs become painful after injections, walk for 30 minutes, then elevate.
- Apply ice to lumpy, healing veins if tender.
- Use Tylenol if needed.
- No sunbed tanning for 5 days, outdoors – use sunscreen to avoid a striped tan where tape has been.
- Avoid air travel for 1-2 weeks after treatment.
- Call us if a rash, hives or inflammation develops: **403-220-9353**.

**For emergencies after hours please call Dr. Sean Gregg at 403-396-2527**