



SCLEROTHERAPY PRE AND POST-TREATMENT INSTRUCTIONS

Before Treatment

1. **Do not** use aspirin or other blood-thinning medications for one week prior to your procedure.
2. **Do not** shave your legs for 48-hours prior to treatment.
3. Do not use moisturizers on your legs for 24-hours prior to treatment.
4. Shower with soap and hot water the evening before treatment.
5. Eat a light meal prior to your procedure. You may take all of your regular medicine as directed by your primary care physician, except aspirin or blood-thinning medication.
6. Wear loose clothing on the day of your procedure. Skirts, shorts, or sweat-pants are ideal.
7. Apply a thick layer of EMLA Cream (2.5% Lidocaine/2.5%Prilocaine) on the treatment area of your leg two hours prior to your appointment. Wrap your leg in cellophane to keep the cream in place while traveling to the office.
8. Bring your compression hose with you to your appointment. You will wear them home after your treatment, and must wear them for the next 3 weeks.

After Treatment

1. You may experience mild discomfort for the first 24 hours after therapy.
2. Elevate your legs and take over the counter Tylenol for pain relief. Ice packs may provide additional relief at sore areas on your legs.
3. Wear your compression hose for a full 72-hours after the procedure. After that you may remove them and shower. You will wear your hose during the day for a full 3 weeks thereafter. Remove them only for sleeping and showering.
4. Resume your normal diet and medications.
5. Walk at least 30 minutes each day. You may walk more than that if desired. Avoid activities that involve straining or bearing down, such as weight-lifting or abdominal exercises. You may resume your normal routine after 3 weeks.
6. You may develop bruising and tender lumps on or around your treatment area. These are normal and will resolve within 4 to 6 weeks.

Please contact our office with any questions or concerns.

**Oregon Medical Group – Vascular and Vein Center
360 S. Garden Way Ste. 290
Eugene, Or. 97401
(541)345-2205**