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**Treatment Instructions for Sclerotherapy (Leg Veins)**

*Disclaimer: You are not a candidate if you are pregnant, breast feeding or have open sores in the treatment area.*

Pre-Treatment Instructions:

* Reschedule your appointment at least 48 hours in advance if you have a severe rash in the treatment area.
* Do NOT use the following products 3 days prior or 3 days after your treatment (or until pinkness has subsided): Retin-A, retinoids, or similar vitamin A compounds, harsh scrubs or exfoliating products and bleaching creams (unless instructed otherwise by your provider).
* Avoid shaving, laser hair removal, electrolysis, waxing, threading, and use of depilatory creams the day of your procedure.
* Do not apply any creams, lotions, perfume or makeup etc. on the area to be treated, prior to treatment.
* Avoid tanning or prolonged sun exposure 2 weeks after treatment.
* Bring thigh-high heavy support hose with you the day of treatment. You must obtain a prescription for compression hose during consultation from the physician.
* Wear loose fitting shorts the day of your treatment, as you will leave wearing the compression hose.
* Avoid consuming alcohol and/or smoking 2-days before and 2-days post treatment.
* Avoid anti-inflammatory/blood thinning medications 10-14 days prior and 3-4 days post treatment. Medications such as: Aspirin, Vitamin E, Gingko Biloba, Ginseng, St. John’s Wort, Omega 3/Fish Oil Supplements, Ibuprofen, Motrin, Advil, Aleve, and other NSAIDS have a blood thinning effect and can increase the risk of bruising and swelling after injections.
* **Consider taking Arnica tablets 1 week prior to injections to prevent bruising (Usage: Dispense 5 pellets under your tongue 3 times a day).**

Post-Treatment Instructions:

* Wear thigh-high compression hose 24 hours a day for the first week post treatment. After that, the stockings must be worn during the day and can be removed at night or any time the legs are elevated. Wearing compression hose will help you achieve the best possible result with fewer side effects.
* Do NOT shave your legs for 4-days post treatment.
* Take a 30-60 minute walk shortly after treatment and walk 20-30 minutes a day for 2 weeks. Avoid strenuous exercise for 7-days post treatment (i.e. riding a bike, jogging).
* Apply your Elta MD sunscreen the day after treatment and re-apply every 2 hours for incidental sun exposure such as driving.
* Do NOT pick, rub or scratch any scabs or dry skin that may appear. This may cause unwanted side effects such as darkening of skin and/or scarring.
* Avoid extreme temperatures of heat for 4-days post treatment to avoid dilating veins (i.e. hot baths, jacuzzi, hot showers, sauna etc.)
* Avoid tanning or prolonged sun exposure 1-2 weeks after treatment or until treatment areas return to normal skin color. Sun or tanning bed exposure could worsen discolorations and may cause them to last longer or become permanent.

What To Expect:

* It is normal and expected to have some redness swelling around the treated veins that may last 1-2 days. This may be associated with itching and burning, but may improve with over-the-counter Benadryl 25mg or a non-sedating antihistamine, such as Zyrtec 10mg.
* Bruising around the treatment area is also common and should resolve within 1-week.
* Mild muscle cramping is not uncommon and Tylenol can be taken if needed.
* Veins often become temporarily discolored, such as purple, darker red, or brown, as they heal. It may take up to 6-weeks for treated veins to improve. The appearance immediately post treatment oftens looks worse before it looks better.
* Some patients develop a firm lump in a vein that may appear purple through the skin, usually 2-weels post treatment. This is a non-dangerous, superficial accumulation of trapped blood that can easily be treated in the office. Please contact the office immediately to make an appointment for check-up with the physician.