

SCLEROTHERAPY

PREPARING FOR YOUR APPOINTMENT/PROCEDURE

1. The day of your procedure/treatment, shower and wash your legs thoroughly. Do not apply any cream or lotion to your legs.
2. To avoid discomfort, do not shave your legs on the day of your appointment.
3. Bring loose fitting, short shorts to be worn during the procedure.
4. Bring your elastic stockings for your treatment. If you do not have any, you will be fitted for them at the end of your first treatment. You will be charged \$50.00 for the cost of the stockings.
5. The cost of sclerotherapy is \$450.00 for the 1st treatment and \$200 each additional treatment unless otherwise quoted by our staff.
6. We recommend that arnica (a natural herb) be taken 7 days prior to treatments – 1 week after. Ask your doctor for more information.

AFTER YOUR TREATMENT

1. Immediately after the procedure, you will **need to wear the elastic stockings with any pressure bandages for 3-4 days (you must keep them on at night)**. On the 4th day, all bandages may be removed. Shower. Then the elastic stockings must be worn during the day for the next week. The longer the elastic stockings are tolerated the better the outcome of your treatment.
2. **You will be able to maintain normal activities.** Walk frequently. However, avoid standing for long periods of time. No aerobics, heavy lifting or strenuous physical exercises for 2 weeks following your treatment. This may vary depending on the size of your veins.
3. **Avoid direct sun exposure;** this may cause skin color changes at the treated areas. As long as bruising is present, avoid sun exposure.
4. Bruising, discoloration and tenderness are normal and will resolve in 4-6 weeks.
5. Ibuprofen 200 mg, 2 tablets, 2 times a day for up to 7 days is recommended by your physician if you are having discomfort.
6. After healing, you may use stockings for long trips, prolonged standing, or when your legs ache.
7. Follow any additional instructions and keep appointments as indicated by physician.

If you have any questions or concerns, please contact our office so we can be of assistance. **Please note:** There is an automatic \$50 charge if procedure is cancelled less than 5 business days prior to the procedure.