

Bradley J. Abrams, D. O.

DERMATOLOGY AND DERMATOLOGIC SURGERY
BOARD CERTIFIED



Sclerotherapy – Pre and Post-Procedure Information Sheet

Before your appointment:

- Inform your physician if you are taking birth control pills or estrogen.
- Do not take aspirin, ibuprofen, or non-steroidal anti-inflammatory drugs (i.e., arthritis medication) for 2 days prior to your treatment.
- Do not drink alcoholic beverages and do not smoke for 2 days before and 2 days after your treatment as this may impair the healing process.
- Before your appointment, shower and wash your legs thoroughly with an antibacterial soap. Do not apply cream or lotion to your legs.
- To avoid discomfort, do not shave your legs the day of your appointment.
- Bring loose-fitting shorts or a leotard to wear during the treatment.
- Eat a light meal or snack 1 ½ hours prior to your appointment.

After your treatment:

- Immediately after the procedure, you will be fitted in support stockings, and will be required to walk for 10 to 30 minutes. Be sure to have loose-fitting slacks and comfortable walking shoes with you.
- If traveling over 30 minutes to the office, have someone else drive you so you can move your feet and legs around. This is beneficial following the treatment.
- You will be able to maintain normal activities immediately. Walk at least one hour every day – the more the better! However, avoid standing for long periods of time.
- Also avoid strenuous physical activities such as high impact aerobics or weight lifting for the first 48 to 72 hours after treatment.
- Avoid hot baths for 2 weeks. Cool your legs with cold water after each shower.
- Wear the support stockings as instructed. After healing, use them for long trips or any time that your legs ache.

Please do not hesitate to call our office if you have any questions or concerns regarding this treatment.