



REVIVAL DERMATOLOGY

Post Procedure Instructions

SCLEROTHERAPY Pre-Treatment Instructions

- Avoid alcohol and ibuprofen for 48 hours before the treatment.
- Avoid Aspirin, Ginko, Fish Oil, and products containing Aspirin for two weeks before your treatment. If these products were prescribed by your physician, stop using them only if your prescribing physician approves, then resume them 48 hours after your procedure.
- Try to avoid shaving and moisturizers the day before, the day of, and the day after your procedure.
- Bring a comfortable pair of shorts to wear during your treatment. Wear a loose skirt or pants to the office.
- Bring support hose to wear after your procedure. We recommend medical grade hose that can be purchased at medical supply stores. Thigh high styles can be more comfortable than pantyhose.
- Graduated compression is superior to department store brands like Hanes Alive.

Post-Treatment Instructions

- A pressure wrap and gauze are applied immediately after treatment. Your support hose will be worn over top. This wrap will be snug and should remain in place 24-48 hours.
- Continue to go about your daily activities after your procedure. Avoid prolonged standing and sitting during the first 48 hours after your procedure.
- After you remove the wrap, put on your support hose. You should wear the support hose for 3 days as directed by your doctor if red vessels were treated and for 7 days if larger blue vessels were treated. Do not remove the hose for 24 hours. For best results, leave the support hose on at night and even when you shower.
- We do encourage mild exercise such as a 30 minute walk around your neighborhood the day of your sclerotherapy.
- Leg rest and elevation are unnecessary, and in fact, may promote clot formation.
- You may resume high impact exercise after 4-5 days as long as you wear your support hose as directed.

