



Sclerotherapy (leg vein) Therapy Instructions

What you should know BEFORE your treatment with sclerotherapy:

1. Sclerotherapy is an injectable therapy with the purpose of diminishing the appearance of leg veins, including reticular and spider veins.
2. Two to four treatments is typically required but more may be needed depending on the extent of the area needing treatment.
3. Please shave legs prior to your appointment. Do NOT apply oils/lotions prior to treatment.
4. Avoid tanning lotions for 2-3 weeks prior to treatment.
5. Please bring shorts and your compression hosiery with you for each appointment.
6. Treatment sessions typically last 15-60 minutes and can be repeated as soon as 4 weeks later.
7. Thigh high compression hose are required for a minimum of the first 72 hours, but Meredith may request that you wear them during the day for up to a week.
8. Walking after treatment is HIGHLY encouraged. Plan 15-20 minutes of walking immediately after treatment and brief walks several times per day for the days you are wearing compression hose continuously.
9. For 3-7 days after treatment AVOID heavy exercise (cardio and weight training), hot saunas/baths, and long airplane rides. Avoid sun exposure for 2-4 weeks following treatment, as tanning may cause hyperpigmentation where veins are resolving from treatment.
10. Bruising at the site of injection is a commonly reported side effect. Post-procedure relief can be found with Arnica. Meredith will provide you with a dose-pack of Arnica and instructions for use. To minimize the risk of bruising, please abstain from all blood thinners, aspirin, anti-inflammatory medication, Vitamin E, Green Tea, iron supplements and Fish Oil for a week before treatment. Check with your prescribing physician to ensure the safety of withdrawing this medication temporarily for cosmetic treatment. Skin will look irritated or bruised following your treatment, but with time that will spontaneously resolve.
11. Please contact Meredith if you experience any of the following:
 - Pain upon walking that does not disappear
 - Infection or inflammation
 - Local redness, pain, leg or ankle swelling, and the skin feels warm to touch
 - Visible superficial clots to treated areas
 - OR if you have ANY questions

Your follow up appointment is a very important time for us to meet. Please ensure that you plan to return to the office approximately 6 weeks following your injection date.

Thank you for entrusting your care with me. Your referrals are greatly appreciated!