

SCLEROTHERAPY INFORMATION SHEET

- Leave cotton balls and tape on for three hours; stockings until bedtime
- If itching or burning develops, remove the tape immediately
- If you have redness or irritation in the areas of the tape, please call the office for a prescription cream
- When returning for treatment, do not put any lotion, oil, or self-tanning products on your legs for 2 days **before** each treatment session
- Do not shave your legs the morning of the treatment
- If you prefer, you may bring a pair of shorts to wear during treatment—some patients feel this is more comfortable
- After you remove the tape, wear the supplied support hose for two weeks, except to sleep
- After treatments, there is minimal restriction on activity, but try not to bump the areas doing exercises, which can cause bruising. Weight lifting with the legs should be minimized for two weeks. We encourage walking.
- If something occurs (for example, illness or injury) that would interfere with normal walking, please postpone treatment
- No flying for 36 hours before or after treatment
- Notify us prior to treatment if you are pregnant or breastfeeding
- Refrain from taking vitamin E for one week prior to therapy
- Please call us if you have any questions or problems