

THE PEARL

DERMATOLOGY

Sclerotherapy

Pre-Sclerotherapy Instructions

- Avoid applying moisturizer and shaving your legs for 24 hours before your treatment.
- Avoid aspirin and non-steroidal anti-inflammatory agents such as ibuprofen (Motrin, Advil) and naproxen (Aleve) for two weeks prior to your treatment to minimize bruising. Tylenol is OK to take.
- Bring compression stockings with you to put on after your treatment session. They should be thigh-high and provide 30-40mm Hg compression. JOBST Ultrasheer compression stockings are available for sale in our office in natural for \$105.00.
- Bring some loose-fitting shorts to wear during the treatment or we can provide you with disposable shorts.
- Please arrive at the office 30 minutes prior to the scheduled procedure time for preparation.

Post-Sclerotherapy Instructions

- Stay active and walk as much as possible for the first 2-3 days.
- Wear compression stockings 24 hours a day for 7 days. The more active you are the better.
- Avoid prolonged sitting for several days. On long plane or car trips, get up and move around or at least flex your ankles periodically to activate the venous pump in the calf muscles.

Avoid heat on your legs such as hot baths/showers for at least a week. Heat causes blood vessels to dilate. Bruising and tenderness may occur but is generally mild and temporary. You may take over the counter pain medication such as Aleve for any discomfort.

If you have any questions or concerns, please contact our office directly at (713) 497-1417.

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