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INSTRUCTION SHEET
Sclerotherapy

Prior to Treatment

- Please arrive 30 minutes prior to your appointment so we may apply an anesthetic ointment to the areas to be treated.

Obtain a pair of compression stockings/panty hose. You are looking specifically for compression for support (20-40mmHg). The stockings must extend above the area we are treating in order to be effective. You can purchase Jobst or Sigvaris compression stockings at the following location:

Dougherty's Pharmacy, 515 Preston Royal Village, 214/363-4318

Day of Treatment

- Arrive 30 minutes prior to your appointment time.
- Bring a pair of shorts with you, which will allow for easy access to your legs.
- You will experience slight discomfort with the sclerotherapy. This has been described as a stinging or burning sensation.

After Treatment

- Put on compression stockings and wear them for seven days (day and night) after the procedure. After this time period it is okay to resume your normal physical activities.
- Keep legs elevated, when possible.
- Minimize physical activity for seven days.
- No saunas or hot baths should be taken.
- The areas treated may become somewhat bruised in appearance but will subside in a few days to a couple of weeks to completely subside.
- On occasion you may see pigmentation in the areas treated. If this occurs it may take several months to resolve. We may elect to treat this pigmentation with creams and/or lasers.
- We will plan to reassess the areas between 6-8 weeks. Many patients require 2-3 sessions to achieve adequate clearing of the vessels