

PRE AND POST-TREATMENT FOR SCLEROTHERAPY

A. Pre-Treatment

- **Avoid shaving legs for 24 hours in advance.**
- **Avoid oils, moisturizing creams or lotions.**
- **You may wish to wear or bring to wear shorts or leotards during the procedure.**
- **Purchase an ace wrap.**

B. Post-Treatment

- **For first 48 hours after treatment, avoid heat, prolonged sitting or standing or strenuous exercise such as aerobics. Also, during this period, try to elevate your legs while sitting.**
- **Ace wraps should be worn for 24 hours after treatment. The bandages should be re-wrapped every 8 hours to maintain firmness.**
- **Full support hose should be worn routinely after the ace wraps are removed.**
- **Sun exposure (tanning) of the legs is to be avoided until all inflammation is gone which may be several days to 2 weeks. Sunscreen with SPF 15 or greater should be continuously used.**
- **Call the office if you have any problems especially if you notice ulcers (sores) forming. These can cause permanent scarring. Treatment can minimize this problem.**