

Dr. Tomi Lee Wall
Pre & Post Sclerotherapy Instructions

BEFORE YOUR SCLEROTHERAPY TREATMENT:

- Notify your doctor if:
 - You are pregnant/breast feeding.
 - You have a history of blood clots or pulmonary embolism.
 - You have a history of bleeding problems.
 - You have had isotretinoin for acne within the last 6-12 months.
- Purchase compression stockings.
 - **IT IS IMPORTANT TO BRING THESE STOCKINGS WITH YOU TO YOUR APPOINTMENT.**
 - 10-20mmHg at **Johnson Medical Supply** 2801 Shattuck Ave in Berkeley (510) 843-2488
 - Alternatively you can order from the link below:

<https://www.brightlifedirect.com/collection/womens-pantyhose-in-20-30mmhg>

- Do not shave the legs for at least 24 hours before the procedure since alcohol is used to clean the skin and will cause stinging and irritation.
- Do not use moisturizers or moisturizing soaps for 24 hours before the procedure. Any oils or moisturizers will make the skin slippery and the procedure will be more difficult and less effective.
- Eat a light meal before the treatment to avoid the possibility of lightheadedness.
- Bring shorts to wear during the procedure.

AFTER THE SCLEROTHERAPY TREATMENT:

- Avoid things that will cause the treated vessels to reform: examples include heating the area (hot tubs, hot showers, sauna), vigorous exercise, or lunges for 24 hours.
- Strenuous exercise is not recommended for 24 hours, but do walk for an hour or so the first day, as this will improve your results.
- A dressing consisting of cotton balls and tape will be placed over the injection sites. Please keep these in place for 48 hours.
- Over the dressing, the compression pantyhose will be worn. The pantyhose must be worn continuously for the first 48 hours. After this, the pantyhose should be worn during the day for 2 weeks.
- Immediately following your therapy, the veins may look worse or the areas may look red, bruised or swollen. There will be gradual fading over a period of several weeks to months.
- Do NOT FLY for one WEEK after procedure.

WHAT TO EXPECT:

- It may take several sessions spaced approximately 1 month apart before the veins begin to disappear. Please make a follow up appointment in one month.
- The treated areas may look bruised, red, or swollen for up to several months. There should be gradual fading. If the areas remain swollen after 1 month, please call our office.
- There may be a persistent brownish discoloration that may last for several months.