

DERMATOLOGY Center of Atlanta

Medical, Surgical & Cosmetic Dermatology

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SCLEROTHERAPY INSTRUCTIONS

PRE-TREATMENT

- Please read this entire packet of information and bring it with you to your initial consultation.
Be sure to complete the history section before your appointment time.
(If the history form is not completed, it will take time away from your consult appointment.)
- Avoid aspirin, vitamin E, herbals and anti-inflammatory medications for several days prior to your treatment if possible. They may be resumed a few days after treatment.
- Avoid tanning and application of self-tanners prior to treatment.
- Bathe or shower before your treatment as you will need to wear your compression stockings overnight.
- Do not shave your legs or apply lotion the morning of your treatment.
- Eat a meal or light snack 1-2 hours before your treatment.
- Bring loose-fitting shorts to the consultation and to each treatment session. You will probably want to wear loose-fitting comfortable pants or a long skirt after treatment.
- **Bring your compression stockings to each treatment session.** If you do not yet have stockings, they may be purchased when you come for treatment.
- Please reschedule your session if you will be unable to walk frequently or wear compression stockings for one week following treatment or if you are planning air travel 2 weeks before or after treatment.
- Children are not allowed in the treatment room during consultations or treatment sessions.
- We are unable to address other dermatology issues during sclerotherapy consultations or treatment sessions. We will gladly schedule an office visit for other problems at another time.
- Please arrive 20 minutes prior to your consult visit and 15 minutes before treatment sessions.

POST-TREATMENT

- You will need to put on your compression stockings immediately after treatment and wear them continuously (except while showering) for a total of one to two weeks.
- Remove cotton balls and tape at bedtime. Excess tape residue may be removed with over-the-counter adhesive remover.
- Remove tape immediately if severe irritation or itching develops underneath the tape. If this does occur, you may apply over-the-counter hydrocortisone 1% twice daily to these areas for a few days until the redness and irritation subsides.
- You may hand wash stockings with cold water and a mild soap such as Dove or Ivory (not Woolite). They may be dried in the dryer for a few minutes on low heat.
- Compression hose are reusable for subsequent treatments.
- Walking is essential, as soon as possible after treatment, for 20-30 minutes and daily for one week.
- Maintain normal activities avoiding long periods of standing or sitting still if possible.
- Avoid running, jogging, high-impact aerobics, weight-lifting, squatting and exercises causing abdominal contractions for one week after treatment.
- Avoid hot baths, tanning beds or other direct heat on the legs for one week after treatment.
- Should questions arise, please contact our office at 770.497.0699.