



PROUD MEMBER OF

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## **SCLEROTHERAPY – PATIENT INFORMATION**

### **BEFORE YOUR SCLEROTHERAPY APPOINTMENT:**

1. Purchase a gradient (graduated) compression stocking.
2. For the 7 days before your procedure do not take aspirin, Advil, Motrin, ibuprofen, or other non-steroidal anti-inflammatory, plavix, coumadin or other anticoagulant medication, Vitamin E pills, herbals, fish oil, flax seed oil or home remedies. Multivitamins are OK.

### **THE DAY OF YOUR TREATMENT:**

1. The day of your procedure, shower and wash your legs thoroughly. Do not apply any cream or lotion to your legs.
2. To avoid discomfort, do not shave your legs on the day of your procedure.
3. Bring loose-fitting slacks or shorts to wear after your appointment. Bring your compression stocking to your sclerotherapy appointment.
4. Eat a light meal or snack 1½ hours before your appointment.

### **AFTER YOUR SCLEROTHERAPY TREATMENT:**

1. Immediately after the procedure, your treated leg will be placed in the support stocking. This must stay clean and dry. A small amount of oozing is normal.
2. You may return to work the same day. You may drive a car today.
3. You may continue your normal activities. No aerobics, heavy lifting (over 20 pounds) or strenuous physical exercise for one week following your treatment.
4. Avoid exposing the treated area to the sun for 3 weeks.
5. Avoid hot tub baths for 7 days
6. Wear the compression stocking continuously for the first day without removing it. Then wear the stocking for the next 5 days, except while sleeping or showering. If while wearing the compression stocking, the color of your toes becomes blue or your leg becomes numb, the compression hose is too tight and must be removed. Call the office if this occurs.
7. Take any medications prescribed by your physician. Use an anti-inflammatory medication such as Advil or Aleve to control any discomfort.
8. If you have any questions or concerns, contact our office anytime. Our staff will be available to assist you. After hours, please call The Hospital of Central CT, Radiology Department at **860-426-8116**, and ask for the Interventional Radiologist on-call.