



Pacific Cardiovascular Associates Medical Group

Sclerotherapy Pre-op Instructions

1. Do not use oil, lotion, or powder on your legs for 24 hours prior to your procedure.
2. Bring loose, comfortable clothing and comfortable shoes to accommodate compression stockings on the day of your procedure.
3. Please be sure to bring your compression stockings with you the day of your procedure.
4. Continue taking all your routine medications on the day of your procedure. For patients on blood thinners, you will receive specific instructions prior to your procedure.
5. Shower the morning of your procedure but do not shave your legs at least 24 hours prior to your procedure
6. Avoid tanning for approximately one month prior and at least 1 month after your procedure. Use sunscreen if you will be in the sun.
7. You may drive to and from the procedure.
8. Please notify your physician if you are breastfeeding prior to the procedure.

****you will need a Unilateral Duplex Scan 1 week and Vein Clinic ROV 2 weeks after your Sclerotherapy procedure.***



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Sclerotherapy Post-Op Instructions

1. You may experience discomfort after sclerotherapy. Major changes in your vein may occur for up to a few months. You may take over the counter pain medications such as Ibuprofen or Acetaminophen.
2. Walking is encouraged after your procedure, at least twenty minutes at a time 2-3 times a day for one week after your procedure. Avoid prolonged sitting or standing for more than two hours at a time for the first two weeks after your procedure.
3. Compression stockings should remain on continuously for 48 hours post procedure, removing only for shower (wait at least 24 hours post procedure to shower). Thereafter, compression stockings should be worn during the day for the next two weeks.
4. When sitting it is recommend that you elevate your legs for the first 48 hours.
5. The veins may look worse/discolored over the first 1-2 weeks after the procedure with improvement in up to 4-6 weeks. Bruising around the injected area is expected post procedure and should resolve by one week.
6. Occasionally, some treated areas may require evacuation of trapped blood in an injected vein. Please let your doctor know if you have dark and lumpy areas over the injected vein.
7. Avoid strenuous activities such as impact aerobics, weight training, bicycling, yoga, and running for at least 2 weeks post procedure.
8. Please avoid hot tubs, saunas, baths, and hot showers for one-week post procedure
9. Do not fly for one week following your procedure and avoid trips more than 2 hours for one week after your procedure.
10. Make sure to follow up with your doctor one week after your procedure for an ultrasound.
11. Use sunscreen for all sun exposure for at least one-month post procedure and wear sun protective clothing.
12. Call our office immediately at **(877) 430-7337** if you experience severe pain, high fever, significant swelling, bleeding, drainage, raised red or hot areas, or open ulcerations in or around the injection sites.