

RENAISSANCE LASER AND VEIN INSTITUTE
77 Rolling Oaks Drive Suite 202 Thousand Oaks, CA 91361
(805) 496-4242

Pre-Treatment Instruction for Sclerotherapy

Avoid blood thinning substances and supplements or medications such as Aspirin, Ibuprofen, vitamin E and omega-3s to decrease risk of bruising or bleeding.

Please be advised that most patients will need several sessions to obtain maximum results.

- You will need to purchase medical-grade compression stockings for your treatment to optimize results. We recommend 30-40 mm Hg which can be purchased at your local pharmacy with a prescription from Dr. Mohammadzadeh or you can purchase them from Renaissance Laser and Vein Institute.
- You will need to bring the stockings with you to each appointment.
- **Do not use bronzers or tanning lotions on your legs.**

The Day of Treatment

- Shower the morning of the treatment (do not shave your legs the morning of sclerotherapy).
- Do not use body lotion, oils or self-tanners the day of treatment.
- Bring loose-fitting shorts to wear during the procedure.
- Bring your medical-grade compression stockings to be worn home (compression of legs will accelerate healing, reduce swelling and bruising). You must purchase stockings if you do not bring them with you on the day of treatment.
- Eat a light meal or snack 90 minute before treatment.

Post-Treatment Instructions for Sclerotherapy

After treatment, compression bandages or stockings are placed on the legs to prevent the formation of blood clots; these should be worn continuously for the 36 hours following treatment. Then they are worn during the day for the next week. Walking is encouraged after treatment incorporate walks into your daily routine for the following week. Strenuous activity, in addition to long periods of sedentary activity, should be avoided in the first week following your sclerotherapy session.

IMMEDIATELY FOLLOWING TREATMENT

- Wear compression stockings continually for 36 hours after the procedure (day and night).
- Continue to wear compression stockings during the day for the next 7 days (put stocking on the morning before you get out of bed and take off just before going to bed).

Prior to leaving you must walk for 20 minutes around the parking lot. Before you get in your car and go home. We recommend taking a 30 minute walk at least two times a day for the next seven days.

Avoid strenuous physical activity including high-impact aerobics, running and weight lifting for 72 hours.

- Avoid blood thinning medications (see pre-treatment instructions) for 48 hours.
- Avoid warm baths, hot tubes and saunas for one week.
- Avoid flying for one week.
- Do not expose treated area to sun, tanning bed or self-tanners (this may lead to post-operative pigment changes) for one month after treatment.
- May resume usual activity one week after treatment.

- Expect to have mild pain, bruising, tenderness and swelling at the injection site for the first 24 hours after treatment. Use ice-packs and Tylenol for pain relief.
- Often times, the veins will look worse after treatment before they look better. The discoloration typically fades in 2-3 weeks.
- Occasionally, when treating larger vessels, a small dark and lump “knot” may develop due to entrapment of blood in the closed vessel (which is a normal response to the treatment). This will be evaluated by the practitioner at the time of your next treatment session if necessary.

It is important to closely follow the aftercare instructions provided to you. If you experience significant pain, redness, swelling, crusting or bleeding, please call the office at (805) 379-6717.