



## **SCLEROTHERAPY PRE-OPERATIVE INSTRUCTIONS**

1. Please purchase the appropriate compression socks/hose and bring them with you to your sclerotherapy appointment. The doctor will not perform the sclerotherapy unless the appropriate hosiery is present.
2. Be aware that you should avoid aspirin or aspirin related products (i.e. Motrin, Advil, Aleve, etc), other non-steroidal anti-inflammatory drugs (i.e. arthritis medication), or any non-essential herbal medication for seven days prior to your appointment and 24 hours after your appointment as this may increase bruising.
3. We recommend not to drink alcoholic beverages and not to smoke for two days before and two days after your treatment as this may impair healing. Do not shave your legs the day of your appointment to avoid discomfort.
4. Before you appointment, shower and wash your legs thoroughly with an antibacterial soap. Do not apply any cream or lotion to your legs.
5. Bring loose-fitting shorts and comfortable walking shoes with you to the treatment.
6. Eat a light meal or snack one to two hours prior to your appointment.
7. Immediately post-operatively you will be dressed with compression bandages which can be removed two hours after treatment. You should begin wearing your compression garment at that time, and for at least two weeks thereafter. Do not exercise or sleep in the garment.
8. For the first two weeks after the treatment, please avoid any jarring exercise (i.e. high impact aerobic exercise and weight lifting). Walking is excellent and encouraged.

**If you have any questions or concerns, please call Dr. Bhatt at 512-478-3376.**