



Sclerotherapy

PRE / POST INSTRUCTIONS

Tiffani
RN | BSN | MSN
MM | CANS
NURSE INJECTOR

5/2025

THINGS TO KNOW ABOUT SCLEROTHERAPY PRE-TREATMENT

1. We suggest you wear compression stockings or leggings for 48 hours straight after having sclerotherapy. Then during the day for 7-14 additional days.
2. You will need to avoid high impact exercise for a week after treatment. This includes leg weights, squats, spin classes, running. You can walk and do other low impact exercises.
3. Please avoid aspirin, fish oil, St Johns wart, Ibuprofen or alcohol 3-4 days before treatment.
4. DO NOT shave or use lotions for 24-hours.

POST SCLEROTHERAPY INSTRUCTIONS

1. We suggest you wear compression stockings for 48 hours straight. After the first 48 hours, wear the stockings in the day time for 7-14 additional days. You can take them off to shower.
2. Stay active and walk as much as possible for the first 2-3 days. This is the most important step to prevent serious blood clots.
3. Avoid prolonged standing or sitting for several days. On long plane rides or car trips, get up and move around or at least flex your ankles periodically to activate the venous pump in your calf muscles.
4. Avoid hot tubs, saunas and hot baths for at least a week. The heat causes the blood vessels to dilate.
5. Bruising and tenderness may occur, along with pigmentation spots, blistering, and scarring. Other side effects can occur, but are less common.
6. Avoid exposure to UV light 4-weeks prior and 4-weeks after. This includes tanning beds. This will help you avoid the vessels from browning due to exposure.
7. Schedule another treatment 6-weeks after initial treatment. It is difficult to achieve 100% clearance of spider veins in one treatment session. Most people need 2-3 sessions. If the veins are very extensive, more sessions may be required. If you know you need another sclerotherapy session, you can schedule a second treatment to be done 6-weeks later.

If you have any questions at all, please do not hesitate to contact us at 701-530-8450.



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