



THE HEART SPECIALISTS GROUP, LLC.

Pre-Sclerotherapy Treatment Instructions:

Avoid taking aspirin, ibuprofen, or arthritis medications for 7 days before treatment to minimize bruising & bleeding, unless it is something that is prescribed by a doctor. Please contact for any questions or concerns.

Do not apply any topical lotions, creams, or oils to your legs for 2 days before & 2 days after your sclerotherapy session.

Shower using antibacterial soap on the day of treatment, but avoid shaving your legs on the day of treatment.

Wear comfortable clothes and comfortable shoes for the treatment session. You will be requested to walk on a clinic treadmill for 10 minutes after each sclerotherapy session.

Bring your medical grade (30-40 mmHg) thigh-high or pantyhose compression stockings with you to each of your sclerotherapy treatment sessions. If you forget your medical grade stockings, your sclerotherapy session may have to be rescheduled. If you do not have suitable compression stockings, you can purchase them at The Heart Specialists Group on the day of your sclerotherapy procedure.

Your vein specialist will determine the medically-indicated treatment interval for your sclerotherapy sessions. In general, your sessions are performed every 1-2 months, until all medically-indicated veins are treated.

Post-Sclerotherapy Treatment Instructions:

Wear your compression stockings continuously (day and night) for 24 hours following the sclerotherapy procedure, then wear them only during daytime hours for the next 7 days. You may resume normal daily activities right away.

We would like you to walk at least 1 mile or 1 hour per day. (Preferably, split this time up throughout the day). Elliptical, treadmill, and biking are alternatives to walking, but select minimum resistance. The more you walk and exercise, the better you are going to feel. We actually encourage you to walk as much as possible, as you cannot walk too much. It is recommended you shower while wearing your stockings for the first 24 hours after treatment. After 24 hours you may shower while not wearing your stockings.

Avoid direct sun exposure (laying out or tanning) on your lower extremities for 30 days after sclerotherapy. Indirect sun exposure (walking around in shorts) is okay with a 30 SPF or higher sunscreen as soon as you are finished wearing the compression stockings.

Avoid air travel for 72 hours following a sclerotherapy treatment session. You will be required to wear your knee-high compression stockings whenever you fly for 1 year from the beginning of your treatment. It will greatly reduce your chance of a blood clot. This also applies to longer bus and car rides. For anything over 2 hours we encourage you to wear your compression stockings.

After a sclerotherapy session, the treatment area may look black & blue, or bruised. The treated vessels may change color. This discoloration is normal and will usually disappear during the healing process. None of this should cause alarm. Please remain patient, remembering that it has taken years for these veins to develop and they will not disappear overnight.

When wearing your compression stockings, avoid elevating your legs above your heart level as this will decrease the amount of circulation to your feet and may cause severe foot pain. Some people will get this foot pain at night while sleeping, so if this happens to you and you wake up with foot pain, simply remove your stockings, elevate your leg on pillows or elevate the foot of your bed 2-4", then put your stockings back on in the morning.

If you have any questions or concerns, please call The Heart Specialists Group, LLC. to speak with your vein specialist or to their nursing staff: (908) 654-1200.