

Sclerotherapy Treatment Instructions:

Pre-Treatment Instructions

- Please arrange for transport since you may experience discomfort after the procedure and dressings applied may interfere with your driving abilities
- Do not apply moisturizer to your legs on the day of the treatment
- Avoid sun exposure to the legs for 1 week prior to treatment
- Avoid fake tan to your legs for 2 weeks prior to treatment
- Stop iron and vitamin supplements 2 weeks prior to treatment
- You may prefer to wear pants to your appointment to help conceal the compression stockings
- Please advise of any upcoming travel arrangements that may affect ability to treat.

During Treatment Instructions

If during treatment you develop any of the following symptoms please inform your treating doctor:

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|--------------------|-----------------------|-------------------------|
| - Dizziness | - Nausea | - Headache |
| - Severe pain | - Visual changes | - Chest pains/tightness |
| - Generalised itch | - Shortness of breath | |

Post-Treatment Instructions

To ensure the success of your treatment it is essential you observe the following instructions:

- Cotton balls applied to your legs under the stocking can be removed 4 hours after treatment
- You are required to go for a gentle walk for 30 minutes immediately after treatment and at least 30 minutes each day for the next 2 weeks. Walking will reduce pain, swelling, and the risk of blood clots.
- Avoid strenuous exercise and prolonged standing for 2 weeks after treatment. Elevate legs when sitting if practical
- You may experience some heaviness in your legs in the first few days after treatment which may be more noticeable at night. If this occurs, take 2 ibuprofen (Nurofen) tablets and go for a walk. If you do not tolerate ibuprofen then take paracetamol (Panadol).
- You will be required to wear your stockings during the day only for 2-4 weeks.
- If you develop discomfort in your leg or foot when sleeping you may remove your stockings. They should be reapplied again on waking. Please contact the clinic if you have any concerns with your stockings.

- Always bring your compression stockings to each appointment
- Please contact SCVI post treatment if you develop leg swelling, severe pain, loss of strength or feeling in the legs or ulcers.
- Review appointment will be organised post treatment
- Avoid taking hot baths for the first week. Rather take a short luke warm shower. Also avoid saunas for a week.

Further cosmetic treatments of spider veins / others deeper veins may be required depending on each individual patient's expectations / results. We don't treat the same area within an 8-week period to avoid over treatment.

If you have any concern regarding your treatment or need to speak to your treating doctor please contact SCVI on 03 5562 5330 Monday to Friday 8.30am to 5:30pm. In the case of a medical emergency after hours please present to your local emergency department.