

PATIENT PRE-SCLEROTHERAPY INSTRUCTIONS

BEFORE YOUR APPOINTMENT

- o Do not take Aspirin or other blood thinning drugs (e.g., Vitamin E, Ginkgo Biloba), ibuprofen, or other nonsteroidal inflammatory drugs (e.g., arthritis medicine) for 2 days before and 2 days after your treatment because these medications can increase bruising.
- o We recommend not to drink alcoholic beverages and not to smoke for 2 days before and 2 days after your treatment because drinking alcohol and smoking may impair healing.
- o Do not apply any cream, lotion, oil, or self-tanners to your legs the night before or the day of your treatment.
- o Eat a light meal or snack 1 hour before your appointment.
- o Bring loose fitting shorts or a leotard to wear during the treatment and long skirt or long loose fitting slacks to wear after treatment.
- o It is advised when having treatment of Reticular Veins to postpone flying for 48 hours.
- o If you develop fever or other illness before appointment you must reschedule.