



TOTAL VEIN CONCEPTS



Greenbrier Healthplex
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Pre-Sclerotherapy Instructions

BEFORE YOUR APPOINTMENT

1. Inform your physician if you are taking birth control pills or estrogen.
2. Do not take aspirin, ibuprofen, or nonsteroidal anti-inflammatory drugs (i.e., arthritis medication) for seven (7) days before your treatment.
3. Do not drink alcoholic beverages and do not smoke for 2 days before and 2 days after your treatment, since this may impair the healing process.
4. Before your appointment, shower and wash your legs thoroughly with an antibacterial soap. Do not apply any cream or lotion to your legs.
5. To avoid discomfort, do not shave your legs on the day of your appointment.
6. Bring loose-fitting shorts or a leotard to wear during the treatment. (Also, bring compression stockings.)
7. Eat a light meal or snack 1 ½ hours before your appointment.

AFTER YOUR APPOINTMENT

1. Immediately after the procedure, you will be required to walk for 10 to 30 minutes. Be sure to have loose-fitting slacks and comfortable walking shoes with you.
2. If traveling over 30 minutes to the office, have someone else drive so that you can move your feet and legs around. This is beneficial following treatment.
3. You will be able to maintain normal activities. Walk at least 1 hour every day – the more the better! However, avoid standing for long periods of time.
4. Avoid hot baths, hot tubs, and long hot showers for 2 weeks. Cool your legs with cold water after each shower.
5. Wear the support stockings as instructed. After healing, you may use them for long trips or when your legs ache.
6. Avoid strenuous physical activities such as high-impact aerobics or weightlifting for the first 48 – 72 hours.
7. Avoid direct sun exposure, which can cause staining at treatment sites, (usually resolves with time.)