

**FAIRLAWN DERMATOLOGY
55 MERZ BOULEVARD
FAIRLAWN, OH 44333
330-864-9000**

SCLEROTHERAPY INSTRUCTIONS

For optimal therapy results, follow these instructions:

Pre-Treatment Instructions:

- Avoid lotions and moisturizers to the legs for 48 hours before and after treatment.
- Do not shave your legs the day of treatment.
- Notify the staff of any use of blood thinners, oral or injectable, such as Coumadin, Lovenox, etc., as this will require modification of treatment.
- Bring a pair of shorts or loose pants with legs that can be pulled up to wear during the procedure.

Post-Treatment Instructions:

- Bring a pair of spandex or snug stretchy pants, such as one might wear to the gym, to put on after the treatment. If you already own a pair of light-to-moderate compression stockings, these may be used, also. Alternatively, you may use ace bandage wraps or self-sticking wraps. These should be worn for 3-5 days post-treatment during the daytime only to minimize bruising and swelling.
- Avoid sun exposure. The sun is very damaging to the skin and can cause hyperpigmentation in the treated area. If you are going to be in the sun, use an SPF of greater than 30.
- A warm bath is okay, but using a hot tub or pool is not advisable for at least 48 hours.
- Walking improves circulation and muscle tone which will enhance the outcome of your treatment.
- Avoid strenuous exercise or stretching for at least 24 hours to minimize bruising and swelling.