

**DERMATOLOGY
ASSOCIATES of
CONCORD, Inc**

Terry P. Hadley, M.D. Kathryn E. Bowers, M.D. Eileen M. Deignan, M.D.
Caroline L. Levine, M.D. Matthew T. Zipoli, M.D. Alexis C. Perkins, M.D.
Lauren Alberta-Wszolek, M.D. Christina A. Alavian, M.D. Cheryl A. Gray, M.D. Julie A. Fenner, M.D.

290 Baker Ave Concord, MA 01742 | 625 Mount Auburn St Cambridge, MA 02138 | Telephone: 978-369-9023

SCLEROTHERAPY

BEFORE YOUR APPOINTMENT:

- Do not take aspirin, ibuprofen or other nonsteroidal anti-inflammatory drugs (arthritis medications, for example) for 10 days prior to your treatment, as this may increase bruising.
- If you take any blood thinner medications, please call our office to discuss this with your doctor before your procedure. You might be asked to discontinue the medication but not without speaking to the doctor first.
- We recommend avoiding alcoholic beverages and smoking for two days before and two days after your treatment as these may impair healing.
- Do not shave your legs the day of your appointment to avoid discomfort.
- Before your appointment, shower and wash your legs thoroughly with an antibacterial soap. Do not apply any cream or lotion to your legs.
- Bring loose-fitting shorts or exercise pants to wear during the treatment.
- Purchase your support stockings prior to the procedure and bring them with you on the day of sclerotherapy. The recommended strength for the support stockings is 20-30 mmHg. These can be purchased at medical supply stores and some pharmacies (West Concord Pharmacy)
- Please give the office a 48 hour notice if you need to cancel or reschedule your appointment.

AFTER YOUR TREATMENT:

- Immediately after the procedure you will be required to put on your support stockings. This is beneficial following the treatment. Prolonged driving/sitting should be avoided. Walking is encouraged.
- For the best results, your stockings must be worn for 14 days for:
 - **24 hours/ day**
 - **12 hours/day**
- After healing, use them for long trips or when your legs ache. Ask your doctor for specific instructions about the stockings at the time of your procedure.
- Maintain normal activities.
- Avoid hot baths/hot tubs/Jacuzzis for two weeks. Cool your legs with cold water after each shower.
- Avoid strenuous physical activities such as high impact aerobics or weight lifting for the first 48 hours.

**Call the office if you develop localized pain, swelling of the leg, crusting or blistering of the overlying skin or any unusual symptoms, there is always a doctor available 24 hours a day. If you have any unusual symptoms including difficulty swallowing or breathing go to the ER and call the office afterwards. **