

## *Pre-treatment*

- 2-4 weeks prior to surgery, begin taking arnica pills daily for optimal healing. Medical grade arnica is available in our office for purchase.
- Discontinue any medications that may interfere with healing. Alcohol, green tea, herbal supplements, ibuprofen and aspirin can all affect how your blood clots, so they should be stopped at least 2 weeks before your treatment. Let your practitioner know if you're taking any prescription medications, so she can advise you as to whether they're safe to take in the days leading up to your Sclerotherapy treatment.
- You may bring shorts to wear for your treatment if you would be more comfortable.
- Please shower the morning of your laser vein therapy treatment. Do not shave or apply moisturizer to your legs the morning of your treatment.
- Avoid tanning your legs for approximately 1 month before and for at least 1 month after your treatment. Use heavy sunscreen if you are in the sun.

## *Post-treatment*

- You may take Tylenol or prescription pain medications as directed. Do not take any other type of pain medication as it will increase bruising/bleeding.
- You can expect to experience bruising, swelling, and temporary darkening of the color of your skin/vein after sclerotherapy. This should begin to subside after 2-3 weeks. Avoid tanning your legs until this discoloration fades.
- For the first month after your treatment, take arnica and turmeric pills daily for optimal healing. Medical grade arnica is available in the office for purchase.
- If bruising persists more than 4 weeks, let us know.
- Multiple treatments may be necessary and yearly touch-ups are recommended.
- Wear compression socks 24 hrs a day for 7 days.