



Sclerotherapy **Pre-Treatment Instructions**

For best results, please follow these pre-treatment instructions:

- **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.**
- **If you take birth control pills or estrogen, inform the sclerotherapist about it.**
- **We recommend you do not drink alcoholic beverages and not smoke for 2 days before and 2 days after your treatment because drinking alcohol and smoking may impair healing.**
- **Do not apply any cream, lotion, oil, or self-tanners to your legs the night before or the day of your treatment.**
- **Eat a light meal or snack 1½ hours before your appointment.**
- **Bring loose fitting shorts or a leotard to wear during the treatment and long skirt or long loose fitting slacks to wear after treatment.**
- **It is advised to postpone flying for 48 hours when treatment of the Reticular Veins are involved.**
- **If you develop a fever or other illness before your scheduled appointment, you must reschedule.**