



GREENWICH POINT DERMATOLOGY

SCLEROTHERAPY (Asclera)

PRE-TREATMENT INSTRUCTIONS

- Avoid sclerotherapy if pregnant or breastfeeding.
- Avoid alcoholic beverages at least 24 hours prior to treatment to decrease the risk of bruising.
- Avoid anti-inflammatory and blood thinning medications (aspirin, ibuprofen, vitamin E, Aleve etc.) for 2 weeks prior to your procedure, if possible, to reduce bruising.
- Bring compression stockings or tight leggings to your appointment (for moderate support).
- Do not wear any lotions or other cosmetics on your legs on the day of your appointment.
- Do not shave your legs the morning of your appointment.
- Do not tan or artificial tan 2 weeks before or after your treatment.

POST-TREATMENT INSTRUCTIONS

- The veins will look worse before they look better. Discoloration may take 6-8 weeks to fade depending on your body's ability to reabsorb the iron in treated vessels. Spider veins take an average of 3-5 treatments spaced at least 6-8 weeks apart to resolve.
- Bruising, redness, local swelling, and some tenderness are normal after treatment. These symptoms may take 3-5 weeks or longer to fade.
- For mild discomfort or tenderness, you may take Tylenol.
- Immediately after the treatment, keep the compression hose on constantly for 48 hours. After the 48 hours, you may remove the compression stockings and dressings and shower.
- In the first 2 weeks after the treatment, wear the compression stockings as much as possible.
- Avoid the use of public swimming pools, tanning beds, and hot tubs for 2 weeks.
- No vigorous activity for 2 weeks, however, walking is encouraged.
- Wear a broad-spectrum sunscreen with a minimum of SPF 30 daily for 6-8 weeks after the treatment as sun exposure can result in permanent discoloration.

If you have any questions or concerns, please call our office at 203.764.2230.