

# La Jolla Vein Care

## Before Sclerotherapy Instructions

### Skin Care

Before your appointment, shower and wash your legs thoroughly with an anti-bacterial soap, such as Dial or Dove. Do not apply lotion or tanning cream to your legs the morning of your treatment. To avoid discomfort, do not shave or wax your legs the morning of your treatment.

### Meals

Fasting is not required. Please eat your normal breakfast or lunch meal prior to the procedure. It is advised that you have a snack at least 30-60 minutes prior to your appointment.

### Medications

There are no medication restrictions before the procedure. If you have asthma, please bring your inhaler with you to your appointment or your doctor may have recommended to take an antihistamine such as claritin prior to the procedure. You should take this the morning of your treatment.

Please notify our office if you are scheduled to have any type of medical procedure or surgery 2 weeks prior or after your treatment.

### Inform your Doctor

If you are pregnant, taking birth control pills, hormone replacement therapy, antibiotics, new medications, if you have a history of blood clots or if you are being treated for malignancy.

### At your Appointment

You will be fitted for Compression Stockings. Wearing compression stockings is one of the most important things you can do to improve your results. Immediately after your Sclerotherapy, your compression stockings will be put on you. Please make sure to bring your compression stockings with you at every appointment.

If you have any questions or concerns about Compression Stockings, Before Treatment or After Treatment please call our office at **(858) 550-0330**. This line will be checked frequently throughout the day and your call will be returned in a timely manner.