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## **PATIENT INFORMATION SHEET SCLEROTHERAPY**

### **BEFORE YOUR APPOINTMENT/PROCEDURE**

1. Do not drink alcoholic beverages and do not smoke for 2 days before and 2 days after your treatment, since this may impair the healing process.
2. The day of your procedure/treatment, shower and wash your legs thoroughly. **Do not** apply any cream or lotion to your legs.
3. To avoid discomfort, do not shave your legs on the day of your appointment.
4. Bring shorts to wear during the treatment.
5. Bring your elastic stockings for after your treatment. If you do not have a pair, you will be fitted for one at the end of your first treatment.

### **AFTER YOUR TREATMENT**

1. Immediately after the procedure, you will **need to wear the stockings for 24 hours (must wear overnight)**. On the following day, compression stockings must be worn during the day for the next 5 days. The longer the compression stockings are tolerated the better the outcome of your treatment.
2. **You will be able to maintain normal activities.** However, avoid standing for long periods of time. No aerobics, heavy lifting or strenuous physical exercises for 3-5 days following your treatment.
3. Avoid hot showers for at least 3 – 5 days.
4. Treated areas may be temporarily tender, slightly red, and swollen. You may apply **ICE** directly over the site for comfort. In the event of scabbing, do not pick or remove it; you may apply over the counter topical **antibiotic** or **1% hydrocortisone** ointments. These effects are rare and very short in duration.
5. **Avoid direct sun exposure;** this may cause skin staining at treated area, which may be resolved after some time.
6. After healing, you may use stockings for long trips, prolonged standing, or when your legs ache.
7. Follow any additional instructions and schedule follow-up appointments as indicated by physician.

If you have any questions or concern, contact Zulay Zayas, ARNP at our office at 305-854-1555. Our center will be available for your full assistance.