

lachele

AESTHETICS & WELLNESS

Sclerotherapy Pre Treatment Instructions

1 Month- 1 Week Prior to Treatment:

- **Avoid blood thinning substances** and supplements or medications such as Aspirin, Ibuprofen, NSAIDs, vitamin E, fish oil/omega-3s, ginkgo, and turmeric to decrease risk of bruising or bleeding.
- Do NOT stop prescription anticoagulants (e.g. warfarin, Eliquis, Xarelto) unless explicitly instructed by your physician.
- To achieve results we ask that you **purchase medical grade compression stockings prior** to your treatment and bring them with you to your appointments. These are also available for purchase in our offices. We recommend **20-30mmHG compression strength. Stocking must be brought to each visit.**
- **Please avoid any sun exposure for at least 1 month prior** to your treatment. Do not use self-tanners during this time, including spray tans, tanning lotions, tanning beds, or other artificial tanning methods. Natural or artificial tans can affect your results after treatment.
- Do not get sunburned before treatment. Sunburned skin cannot be treated.
- Avoid waxing or hair removal in the area(s) to be treated 1 week before treatment.

Day of Treatment:

- Do not apply:
Lotions, oil, cream, sunscreen, powder, makeup, etc.
- Wear loose-fitting, comfortable clothing. Shorts or a skirt is ideal. or we will provide disposable shorts for you.
- Do not arrive fasting.
- Drink water before treatment.
- You may can take Tylenol for pain management.

What to Expect:

- Mild stinging, burning, tenderness, bruising, and swelling at injection sites for the first 24 hours after treatment.
- Often times, veins will look worse after treatment before they look better.
- Sessions are typically 30-45 minutes.
- Multiple sessions are required for best results - typically 2-4 treatments spaced 6-8 weeks a part.
- You will need to wear compression stockings for 7 days after treatment and avoid sun exposure during the 6-week post treatment period.
- Small veins will fade over 3-6 weeks. Larger veins may take 3-4 months to fade. New veins can appear over time-this is normal and treatable.

When to Treat:

Sclerotherapy and the sun do not mix. We do not recommend treating during the summer months, if you are planning a vacation, or planning on being outside. This treatment is recommended for fall and winter.

If you have any questions or concerns, please call our offices at (855) 522-4353 and follow the prompt for your desired location. During off hours, call Dr. Espinoza's cell at (908) 303-5694.
You can also email us at team@lachele.com