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SCLEROTHERAPY INSTRUCTIONS

- **Avoid** aspirin for 10 days, over-the-counter pain relievers (e.g. Advil, Naproxen, ibuprofen) for 5 days and Vitamin E for 5 days prior to sclerotherapy. Tylenol (acetaminophen) is okay to take.
- Acquire your compression stockings prior to the treatment and bring them with you. Compression of 10-15 mmHg or more is recommended. These can be purchased at Knuepel's and several select local pharmacies.
- Wear your stockings continuously for 3 days. After 3 days, they are to be worn during the waking hours for an additional week. Adhering to these instructions helps to maximize the benefit of your treatment.
- No heavy exercise or strenuous activity for 5 days following treatment. Daily routine "normal" activity is encouraged.
- Avoid direct sunlight to the treated areas for 3 weeks.
- Call your doctor if you develop prolonged pain or an open sore in the treated areas within the first week of treatment.