

Saint Luke's Dermatology
4320 Wornall Road, suite 513
Kansas City, MO 64111
816.932.4500

Sclerotherapy Patient Instructions

Please avoid the following at least 10 days prior and 2 days after treatment:

- **St. John's Wort**
- **Vitamin E**
- **NSAIDS**
 - **Aspirin**
 - **Advil**
 - **Motrin**
- **Ibuprofen**
- **Green Tea**
- **Ginkgo**
- **Ginseng**
- **Coumadin**

If you bruise easily we recommend Bromelain 500mg twice a day for 3 days prior and 3 days after office visit. It is available at all drug stores over the counter.

Bring compression stockings (preferably thigh-high) with at least 20mmHg pressure grade to your appointment. You will wear these home.

For 5 days after the injections:

- **Wear compression stockings**
- **Walk as much as possible and avoid standing in a single position for prolonged periods of time**
- **Avoid strenuous physical activities such as high-impact aerobics, running, weight lifting**
- **Avoid hot baths**
- **Cool your legs with cold water after each shower**
- **Avoid sunbathing and ultraviolet exposure**

Should you experience any **redness** or a **small lump**, use warm compresses several times a day. If you experience any **open areas**, you may use polysporin ointment to the affected area along with the warm compresses.

If you have any questions or problems, please call the office 816.932.4500.