

**Dermatology Associates of the South Bay
Amber Kyle M.D. and Associates**

PRE AND POST TREATMENT INSTRUCTIONS FOR LEG VEIN TREATMENT

SCLEROTHERAPY-INJECTION OF ASCLERA®(polidocanol) / LASER VEIN TREATMENT- YAG/PDL

Pre Treatment:

1. If you can, stop taking any medications, vitamins or supplements that thin the blood or slow blood clotting for at least 1 week prior to treatment (2 weeks is preferred). These agents include: aspirin, Excedrin, NSAID (Motrin, Advil, ibuprofen...), fish oil, flax seed oil, Vit E, omega-3 fatty acids, Lodine, Plavix, Ginko Biloba, Garlic, St John's Wort. Please review all of the things you take with D Kyle or her associate that will be treating you to be sure all things that could thin the blood have been identified and stopped 1-2 weeks prior to treatment. If you cannot stop taking these things treatment of leg veins may not be appropriate or achieve a satisfactory result. You may resume use of these things 3 days after treatment.
2. No alcohol consumption 3 days before treatment or 3 days after treatment
3. Come to your appointment in loose fitting pants or shorts.
4. Please bring to your appointment: **two pairs** of inexpensive firm support pantyhose such as LLegs Active Support or No Nonsense (found at CVS or similar pharmacies) with at least 18% Spandex or Lycra in the LEGS – the higher percent of Spandex or Lycra in the LEGS the better. If you have surgical support hose you may bring and use these instead as long as they will extend to cover the treated areas.
5. Please notify us if any of the following conditions apply:
 - a. Pregnant or breastfeeding
 - b. You are on blood thinners- Pradaxa, Xarelto, Eliquis, Warfarin
 - c. Diabetes
 - d. History of blood clots
 - e. History of peripheral vascular disease
 - f. You smoke
 - g. You have a tape allergy
 - h. You will be getting on a plane or going on a long car trip within 2 weeks from your date of treatment
6. If there are specific areas you want to be sure are treated please mark these areas with a WHITE eyeliner pencil or point them out to your clinician at the start of your appointment.

Post-Treatment:

1. Following treatment, you will need to apply your 2 pairs of support panty hose before you leave the office. You will continue to wear these 23 hours a day- off only to shower- for the first 3-5 days (you have been instructed to use them continuously for ___ days)
2. If you are uncomfortable following treatment and want some temporary relief from the compression pressure, you can remove or pull down the stockings for 15 minutes after 4-5 hours of initial compression. If you have numbness, discoloration in the skin on your feet or swelling remove the stocking sooner and notify our office. After the compression has been temporarily released (by pull down stocking) reapply the compression stockings.
3. The day following treatment the gauze and tape should be removed. It is best and easiest to do this in the shower by first getting it very wet. Reapply both pairs of support stockings when you get out of the shower.
4. Post treatment it is normal to have temporary firm swelling, welts, redness, itching -similar to a bug bite (with sclerotherapy) and bruising in the treated areas. If you have any scabbing of the skin – do not pick at the sores, apply Polysporine ointment to the sores and keep covered.

5. After the initial days of compression continue with an additional ___ days of compression (generally 5-10), day time only.
6. Post treatment the following should be avoided:
 - a. No heavy, strenuous exercise for 3-5 days
 - b. No sun exposure for 3 day
 - c. No alcohol consumption for 3 days post treatment
 - d. No exposure to excessive heat (bath, Jacuzzis, Sauna, and heating pads) for 5 days
 - e. No long car trips or plane flights for 2 weeks
 - f. No rubbing or massaging the legs for 2 weeks
7. Remember multiple treatments are always needed. It can take 4 or more weeks for the treated veins to be absorbed and bruising to resolve.
8. Please call our office at 310-370-9970 with any questions or concerns.