



Vanderbilt Vein Clinic

Pre-Sclerotherapy Treatment Instructions

To achieve the most benefit from your sclerotherapy session, it is important to follow these simple steps.

- Arrive at least 15 minutes before your scheduled appointment.
- Wear or bring shorts for the treatment session.
- No aspirin, Ibuprofen or arthritis medications for at least 48 hours before treatment.
- No alcoholic beverages for 48 hours before treatment.
- Do not use lotions, creams or oils on your legs the day of treatment.
- Do not shave your legs on the day of treatment.
- Shower using antibacterial soap on the day of treatment.
- Eat a light meal or drink juice at least 1 hour before treatment.
- Bring Tylenol to clinic to take before or immediately after treatment.
- Try on prescribed compression stockings at home for fit and familiarity. Bring prescribed compression stockings to each treatment session. Your sclerotherapy session may have to be rescheduled if you forget your compression stockings.

If you need to cancel a session, please call the Vanderbilt Vein Clinic Scheduler at (615) 343-2887 as soon as possible or at least 24 hours before your appointment. If you are late for a session, it may have to be rescheduled. Please notify the Vein Nurse if you think you are pregnant. Please contact the Vascular Surgery Office for any questions or concerns at (615) 322-2343 (available 24 hours – 7 days per week).