

INSTRUCTIONS BEFORE APPOINTMENT

- ❑ **Do not take Aspirin or other blood thinning drugs (e.g., Vitamin E, Gingko Biloba), ibuprofen, or other nonsteroidal inflammatory drugs (e.g., arthritis medicine) for 2 days before and 2 days after your treatment because these medications can increase bruising.**
- ❑ **If you take birth control pills or estrogen, inform the sclerotherapist about it.**
- ❑ **We recommend not to drink alcoholic beverages and not to smoke for 2 days before and 2 days after your treatment because drinking alcohol and smoking may impair healing.**
- ❑ **Do not apply any cream, lotion, oil, or self-tanners to your legs the night before or the day of your treatment.**
- ❑ **Eat a light meal or snack 1½ hours before your appointment.**
- ❑ **Bring loose fitting shorts or a leotard to wear during the treatment and long skirt or long loose fitting slacks to wear after treatment.**
- ❑ **It is advised when having treatment of Reticular Veins to postpone flying for 48 hours.**
- ❑ **If you develop fever or flu or other illness before your appointment you must reschedule.**