



## Shining Way Esthetics

### Patient Pre-Sclerotherapy Instructions

#### **Before Your Appointment**

- ✓ Do not take aspirin, other blood thinning drugs or vitamin supplements (e.g. Vitamin E, Gingko Biloba, Omegas 3, 6 or 9, fish oil), ibuprofen, or other non-steroidal inflammatory drugs (e.g. arthritis medicine) for 3 days before and 3 days after your treatment because these medications may negatively impact blood coagulation and thereby increase the risk of bruising.
- ✓ If you take blood thinning medications such as Coumadin or similar, check with your physician for approval to temporarily halt these medications for 2 days before and 2 days after treatment.
- ✓ If you take birth control pills or estrogen, inform the practitioner about it.
- ✓ We recommend not to drink alcoholic beverages and not to smoke for 3 days before and 3 days after your treatment because alcohol consumption and tobacco use 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.