

What to Do and What to Avoid

Endovenous Laser, Catheter Guided Sclerotherapy, Ultrasound Guided Sclerotherapy, Sclerotherapy

Treatment Period: 4 Weeks Before – During – 4 Weeks After

- Must not travel by air over 5 hours duration
- Avoid becoming pregnant
- Stop taking iron supplements
- Stop taking oral contraceptives or oral HRT (discretionary)
- Do not plan any other medical procedure requiring general anaesthetic
- Short car, train or plane trips are OK
- Can have sex
- Can drink alcohol
- HRT in cream form or patches is OK
- Other procedures requiring local anaesthetic are OK
- Gentle exercise OK

Treatment Period: 1 Week Before (minimise bruising)

- Stop taking Vitamin E tablets
- Stop taking Multivitamins containing Vitamin E
- Stop taking Fish Oil tablets
- Stop taking any herbal supplements
- Stop taking any Chinese supplements
- Other vitamins, for example Vitamins C and D, are OK
- Eating fish is OK
- Eating herbs in your food is OK
- Eating Chinese food is OK

Treatment Period: > 4 Weeks After Your Last Treatment

- Four weeks after completing your final treatment, you can:
- Take long distance trips
- Resume all strenuous exercise and activities
- Recommence oral contraceptive or HRT (if approved)
- Become pregnant
- Have any other operation