

POST-SCLEROTHERAPY INSTRUCTIONS

1. Wear compression hose during the day for two weeks following treatment.
2. Resume normal activities. You may take lukewarm showers, but avoid tub baths and whirlpools for twenty-four hours following the treatment.
3. Walk for fifteen minutes as soon as you leave the office.
4. The treated areas may look red and angry for several weeks.
5. Some areas may bruise. This usually resolves in one to three (1-3) weeks.
6. Some veins may turn darker at first and become slightly tender. This is temporary and resolves as veins are absorbed by the body's immune system.
7. **DO NOT GET DISCOURAGED IF THERE IS LITTLE OR NO CHANGE IN VEINS AT FIRST.** Please be patient. Depending on the number of treatment sessions required, some veins might not start to disappear until the second or third treatment. Spider veins require three to five (3-5) separate treatments to resolve.
8. You may take anti-inflammatories such as ibuprofen or acetaminophen as directed.
9. Please do not tan forty-eight (48) hours before or after treatment.
10. **Remember** to bring your compression hose and slipper to every visit.

Please do not hesitate to call us with any questions or concerns you may have.