



MEDICAL AESTHETICS

— BY DONNA —

FACE AND BODY REJUVENATION

Post Sclerotherapy for legs Instructions

- Please put on your compression stockings immediately following the procedure and wear them for 48 hours during waking hours only, unless instructed otherwise. The compression stockings are critical to success of this treatment.
- **Itching** - If itching occurs around the site of areas injected, it should only last a short time. If the itching is significant, you may take a Benadryl tablet, 25mg, over the counter.
- **Pain** - Discomfort at the Injection site is rare. If you experience tenderness at the injection sites, you may use Tylenol as directed on the bottle.
- **Bruising** - Rarely occurs, but if it does, it usually resolves in a week or so. It is okay to use Arnica.
- **Driving** - You have no restrictions on driving. However, if you have taken Benadryl, you should avoid driving, as this medication may make you drowsy.
- **Air Travel** - There is no restriction on air travel. Wear your compression stockings if traveling within 2 weeks of treatment.
- **Work** - You may return to work and resume normal activities immediately after treatment.
- **Exercise** - Walking is encouraged, however, avoid high impact aerobics, jogging, running, leg weightlifting and sit-ups for at least 2 days, but preferably one week after treatment. This will help prevent venous dilation.
- **Bathing** – You may remove your compression stockings to shower. Hot tubs and hot baths should be avoided for 2 weeks to avoid venous dilation.
- **Sun exposure** – It is necessary to use a sunblock to prevent enhanced sun exposure to the skin where the veins are injected throughout the treatment sequence. Excess sun exposure can cause brown skin staining that may or may not fade. Do not tan at a salon during the entire treatment sequence.
- **Follow up visit** - 4-5 weeks between treatment sessions. An average of 3 sessions is usually needed for best results. It is typical to not see a change until at least after the 2nd session.
- If you experience unusual **pain, bleeding, signs of infections**, or have any questions, please call or text.

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