



DOOR to DOOR *med spa*

Discreet, quality cosmetic care
in the comfort of your home

SCLEROTHERAPY POST CARE INSTRUCTIONS

- Wear compression stockings for 3 days (some patients wear them longer due to comfort reasons)
- Sleep in the hose for the first night
- The treated leg shouldn't get wet for the first day
- Most discomfort can be relieved by Tylenol (it is best to avoid aspirin or Motrin for 48 hours)
- Some inflammation, tenderness and bruising is very common
- If you notice any areas of redness that worsen after 3-4 days call the office during working hours
- Darkness of the skin along the injection sites is a common side effect; it is caused by the hemoglobin in the blood. This will improve with time. If the discoloration persists after 3-4 weeks we can use a bleaching or clarifying gel (you can purchase from our office)
- No sun during the healing process. The sun will cause the darkness of the skin to be intensified or even permanent. Stop iron supplements with treatment
- Sun screen is important on a regular basis. Sun screen is mandatory for the first 2-3 months. Spray on tanners or lotions are okay.
- Walk, walk, walk. 20 minutes twice a day is encouraged. Avoid strenuous exercise such as aerobics, weight training, or running for about 2-3 days.
- It is also a good idea to avoid extreme heat with your shower or bath for the first 2-3 days.



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Sclerotherapy: Leg Veins

Patient Name: _____

Date: _____

Medical/Medication Changes? Yes No Initials: _____ Drug Allergies? Yes No Initials: _____

Areas Treated:



Type of Injection & Amount:

Patient Tolerance: Good Fair Poor Post care reviewed? Yes No Post Ice? Yes No

Treatment Notes: _____

