

## Sclerotherapy Pre & Post Treatment Instructions

### Before the Treatment

- You may choose to bring a pair of loose fitting shorts with you to each visit.
- Do not shave your legs in the morning of your appointment.
- **Do not tan or use bottled tanning lotions 2 weeks before or after treatment.**

### After the Treatment

- Bruising, redness, local swelling and some tenderness are normal after treatment. These symptoms may take 3–5 weeks or longer to fade.
- Please feel free to contact the office if you have any questions.
- If there is tenderness in treated area(s), you may take Motrin or Aleve (according to the labeled recommended dosage) to help relieve discomfort. If the pain persists, call the office.
- If there is scabbing or crusting at the injection site(s): apply polysporin & a bandage daily until healed
- Regular sunscreen (SPF 30) should be used on your legs
- The use of public swimming pools and hot tubs are not permitted for 2 weeks.
- You may resume normal activities today.
- You may resume normal exercise in 2 days.
- Schedule your next follow up visit in 4–6 weeks.

### Be patient with your body

- Spider veins take an average of 3–5 treatments spaced 4 weeks apart. The number of treatments may vary depending on your situation.
- Your veins will look worse before they look better.
- Discoloration varies from patient to patient, and may take weeks or months to fade completely depending on your body's ability to reabsorb the iron in treated vessels.

**Dr. Carroll will need to see you in 4-6 weeks.**

**YES \_\_\_ NO \_\_\_ Sclerotherapy \_\_\_ &/or Laser \_\_\_**

This will ensure your doctor is able to see how you have responded to your treatment.

If you require more product to fine tune/adjust your treatment results, it will be applied during this appointment at an additional cost. Alternatively, additional procedures may be recommended or required.

**Please see reception to schedule a follow-up.**