



MEDICAL + AESTHETIC DERMATOLOGY

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## Sclerotherapy Post Treatment Instructions

- Cool compresses can be used if needed to decrease redness and swelling.
- Refrain from exercises that will dramatically increase your blood pressure for 48 hours. Normal activity is acceptable.
- Refrain from vaso-dilating stimulants such as smoking, alcohol consumption (a glass of wine is OK), or aspirin as these could re-open the treated vessels.
- Do not pick or scratch the treated area.
- Avoid heat and hot water (hot tubs, Whirlpools, etc.) for 24 hours. Wash area with a gentle cleanser and cool water, pat dry do not rub.
- Use of Retin A, Renova, Glycolic Acids, vitamin C products and any other potential irritants may be started after all irritation from the procedure resolves.
- Avoid sun exposure for the duration of treatments. Apply an SPF 30 sunblock or better to the treated area.
- Do not hesitate to call if you experience persistent pain or blistering. Apply an antibiotic ointment to treated area.
- Wear compression stockings if directed by the physician.