



Rejuvenation through art and science

Pre/Post Treatment Instructions **Sclerotherapy (Vein Injections)**

Prior to your Treatment

1. Discontinue any use of aspirin, ibuprofen, fish oils/Omega 3's, Vitamin E or any other medications that may thin the blood and result in more bleeding and bruising following your treatment.
2. Please bring shorts to your appointment that may be worn during your treatment.
3. Please do not apply any lotion or use any moisturizing soap for 12 hours prior to your treatment as this may prevent the compression tape from properly adhering to the skin.

Activity and Care Following Your Treatment

1. You will need compression stockings at your initial treatment session.
 - wear your stockings for 24 hours without removing them
 - for 2-5 days, wear your stockings during the day, removing for showering & sleeping
 - stockings may be washed in cool or lukewarm water in the gentle cycle. Air drying is best or use a low dryer setting (i.e. fluff)
2. Expect to see bruising at the injection sites. Some areas may appear more bruised than others. The color may be purple, though may also appear as a yellow to a dark brown. The majority of this bruising typically fades within a couple of weeks.
3. You may experience tenderness at the injection sites or generalized mild discomfort. You may take acetaminophen (Tylenol), following package directions. If you experience itching, burning, and/or cramping sensations, walking around for several minutes should help relieve this discomfort.
4. You may also feel some tender bumps under the skin at the injection sites. These bumps may be a normal part of the healing process and will be addressed at your follow-up office visits.
5. You may resume normal activity following your treatment. *Walking is encouraged as this will help minimize bruising and accelerate the healing process. We recommend you walk briskly for up to 3 miles/day for the first five days.*
6. Please avoid any vigorous/strenuous/pounding exercise (such as aerobics, jogging, lower-body weights) for days.
7. Please do not stand or sit in one place for extended periods. If this cannot be avoided, move your legs from heel to toe in a rocking motion to exercise the calf muscles.
8. Sun tanning, either natural sun or tanning booths, should be avoided until any bruising has resolved. This sun exposure may contribute to areas of skin darkening or hyper pigmentation. A sun-block of SPF 30 is recommended while outdoors.
9. A follow-up appointment at approximately one week is made following your initial treatment. The nurse or physician will examine the areas treated to be sure you are healing satisfactorily.

Please call our office at 414.964.1111 if you experience any of the following:

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- Discomfort unrelieved by the measures described above
- Redness, swelling, and/or warmth to touch along the areas treated and/or a temperature above 100.5 F
- Blistering or blackened areas at the treatment site(s)
- Any other questions or concerns you may have

