

ANTI AGING DAY SPA

Post Sclerotherapy Instructions

- Immediately after the procedure, be sure to wear loose-fitting slacks/skirt and comfortable walking shoes.
- Taped compression pads/cotton are to be removed 24-48 hours after the sclerotherapy procedure.
If you notice a rash/redness developing to the tape, remove it and put on support stockings
- If you remove the tape prior to 24 hours, try and wear support hose – you may cut the feet out if you did not have sclerotherapy at the ankles.
- Maintain normal activities. You are encouraged to walk as much as possible and avoid standing in a single position for prolonged periods.
- Avoid strenuous physical activities such as high impact aerobics, running, and weightlifting for the first 48-72 hours following treatment.
- Avoid hot baths for 2 weeks. Cool your legs with cold water after showers.
- Avoid sunbathing and ultraviolet exposure for at least one week.
- Avoid swimming in chlorinated pools for 48 hours following sclerotherapy.
- Avoid blood thinning medications, such as Aspirin and other non-steroidal anti-inflammatory drugs (eg., Ibuprofen, Motrin, Advil, Anaprox, Aleve, Vioxx, etc. for 24-48 hours following your treatment)
- It is advised to avoid flying for 48 hours after treatment of reticular veins
- Should you experience any redness or a small lump, use warm compresses several times a day. If you experience any open area(s) you may use Polysporin Ointment (NOT NEOSPORIN) to the affected area along with the warm compresses. If you notice a blood blister, the start of an ulcer or open blister, immediately notify The Laser Lounge Spa.