



## SCLEROTHERAPY PRE-CARE

- To optimize your results, please purchase compression stockings prior to your treatment, and bring them with you to the appointment. We recommend compression stockings with 20-30 mmHg compression.
- Avoid sun exposure as well as sunless tanning products on the legs for 1 month prior to your procedure.
- Do not use moisturizers on the day of your treatment.
- Please wear or bring a pair of shorts with you to wear during your treatment.

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## SCLEROTHERAPY POST-CARE

- Proper bandaging following sclerotherapy is critical for the success of the procedure. Leave the compression bandages and compression stockings in place for 24 hours. After 24 hours, remove the compression bandage. Put the compression stockings back on after the bandage is removed.
- Compression stockings should be worn at all times for 5-7 days post treatment. It is not necessary to sleep with your stockings on. Remove them prior to bathing. (Post treatment compression is necessary to reduce the risk of developing a blood clot.)
- Bruising and discoloration are common after sclerotherapy. These issues will resolve over a number of weeks. Avoid sun exposure to the treatment areas after sclerotherapy. Sun exposure can cause hyperpigmentation (skin darkening) in treated areas. Wear protective clothing and a broad-spectrum sunblock for at least 1 month after the treatment.
- Walking for at least 20 minutes each day is encouraged for several days post treatment. Avoid strenuous, high-impact activities for one week after the treatment.
- Avoid excessively hot baths, showers, or hot tubs for one week after the treatment.

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- Pain after sclerotherapy is usually minimal and goes away after 1-2 days. If you experience discomfort, you may take a Tylenol or Extra-Strength Tylenol. If you experience significant pain, redness, swelling, crusting, or bleeding, call our office immediately.
- You may experience some itching after the treatment. Take Benadryl for symptom relief.
- Avoid flying or driving in a car for an extended period of time for at least 1 week post procedure.
- A post-operative appointment will be made for you after your procedure. If you feel you need additional treatments, it is recommended that you wait 4 weeks in between your next treatment.
- If you have any questions or concerns, please call our office for assistance, 715-847-0000

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**Elevé Plastic Surgery, MedSpa, Vitality**

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