

SOUTHEASTERN

DERMATOLOGY

MEDICAL · SURGICAL · COSMETIC

MATTHEW B. DOPPELT, D.O., F.A.O.C.D., F.A.A.D.

Post Procedure Instructions: **Sclerotherapy**

FOR OPTIMUM RESULTS:

- Apply graduated compression hose immediately following the treatment. Sleep in them the first night, then wear daily for 1 week or as directed by your injector.
- Walk for 20-30 minutes immediately following your treatment, then each day for 1 week.
- Cotton balls and tape (if applied) can be removed the morning following your treatment.
- If you have any scabbing at the injection sites keep area moist with polysporin or aquaphor and keep area covered until the area has healed. (Do NOT use Neosporin).
- Tylenol may be used for any muscle aches.

THINGS TO AVOID:

- Prolonged heat exposure (hot tubs, tanning beds, saunas)
- Strenuous high impact activities (running, jogging, high impact aerobic activity)
- Long periods of standing or sitting
- Soaking in a bathtub. Showering is fine (no extremely hot water)
- Sun exposure for 4-6 weeks after treatment

Expect veins to look worse before looking better. Areas can be treated again in 4 weeks.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.

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