



MODERN DERMATOLOGY
WESTPORT, CT

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SCLEROTHERAPY PRE & POST CARE INSTRUCTIONS

BEFORE YOUR TREATMENT

- Bring compression stockings to your appointment (at least moderate support 15-20 mmHg).
- Do not wear any lotions or other cosmetics on your legs on the day of your appointment.
- Do not shave your legs the morning of your appointment.
- Do not tan or artificial tan 2 weeks before or after your treatment.

BE PATIENT WITH YOUR BODY

- Spider veins take an average of 3-5 treatments spaced at least 6-8 weeks apart. The number of treatments may vary depending on your situation.
- Your veins will look worse before they look better and improvement will not be seen for 6-8 weeks.
- Discoloration varies from patient to patient and may take weeks to months to fade completely.

AFTER YOUR TREATMENT

- The veins will look worse before they look better. Discoloration may take a few weeks to several months to fade depending on your body's ability to reabsorb the iron in treated vessels.
- Bruising, redness, local swelling and some tenderness are normal after treatment. These symptoms may take 3-5 weeks or longer to fade; but if you have any questions please feel free to contact the office.
- If there is tenderness in treated areas, we recommend taking acetaminophen to help with any discomfort. If the pain persists, call the office.
- Immediately after the treatment, keep the compression hose on constantly for 48 hours. After the 48 hours you may remove the compression stockings and dressings, and shower.
- In the first two weeks after the treatment, try to wear the compression stockings as much as possible. After the first 48 hours, it is okay to remove for showering and at bedtime.
- The use of public swimming pools, tanning beds and hot tubs are not permitted for 2 weeks.
- No vigorous activity for 2 weeks, however, walking is encouraged. The more walking the better.
- Strict sun protection for 6-8 weeks after the treatment with a SPF 30 or above as sun exposure can result in permanent discoloration.

If you have any questions or concerns, please call the office at 203-635-0770.