



Sclero-Therapy After-Care Instructions

Multiple sessions are performed every 4-6 weeks until the desired result has been achieved. The treated area must be treated with care. BE GENTLE! Do not scratch or pick at your skin

- Until sensitivity has completely subsided, avoid all of the following: scented lotions or soaps, exfoliant creams such as Retin-A, glycolic or salicylic acids, loofa sponges, aggressive scrubbing, extreme hot or cold water, shaving, swimming and pools and spas with multiple chemicals/chlorine.
- Skin may appear red and swollen and have a mild sunburn sensation. This is a normal reaction. It can last from a few hours to days after treatment. Applying an ice pack for the first 24 hours will help minimize swelling. Post treatment discomfort is typically minimal but if the area is very uncomfortable, oral pain relievers such as Tylenol may be used.
- There may be erythema (redness) and slight edema (swelling) around the treated vessels. Often they are lighter or darker in appearance and look somewhat smudgy or less defined but can also appear a darker purple before they disappear which may take 1-2 months.
- Makeup may be applied immediately after the treatment as long as skin integrity has not been compromised (no open skin).
- In the case of crusting, opening or blistering of the skin in the treated area, apply Vaseline or Aquaphor twice a day to the affected areas. Do not pick at the areas as this may result in infection or scarring.
- Avoid any direct sun exposure to the treated area for a minimum of 7 days after the procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sun block with Zinc Oxide and a protection factor of 30+, and reapply every 2 hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment with laser treatment.
- Sun exposure should be avoided between treatments and a sunblock should be used on a daily basis.
- Patients **MUST WEAR** compression stockings or support hose on the treated legs **CONTINUOUSLY FOR 2-3 DAYS AND THEN FOR 2-3 WEEKS DURING THE DAYTIME.**
- Compression stockings or support hose should be thigh or knee high depending on the area treated in order to provide adequate coverage.
- Patients should walk for 15 minutes daily for a few days after the procedure if an injection was used; however patients should **AVOID** heavy exercise, sunbathing, long plane flights, and hot baths or the sauna.

Call our office if there are any questions regarding your treatment
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