



## AESTHETICS & WELLNESS

### SCLEROTHERAPY PRETREATMENT

- ❖ Let us know if you are taking any new medication or herbal supplements
- ❖ Avoid alcohol 24 hours before treatment
- ❖ Remember to wear or bring shorts to the visit. DO NOT wear tight Jeans
- ❖ Bring your compression stockings to your visit
- ❖ You may shave your legs the morning of your treatment. But do not use any lotions, moisturizers or self-tan or spray tan.
- ❖ Inspect your legs so you can point out the veins that bother you the most.
- ❖ Notify your provider if you have any of the following, as these are contraindication to treatment:
  - An allergy to human albumin
  - History of neurological and/or autoimmune diseases
  - If you are pregnant or nursing.
- ❖ Active infection in the area of treatment, is also a contraindication to treatment.

### SCLEROTHERAPY POSTTREATMENT

- ❖ Wear compression stockings for 24 hours a day for 1 week after treatment and a lighter compression stocking for 2-3 more weeks.
- ❖ DO leave the tape dressing for 12- 24 hours after treatment.
- ❖ DO walk and use your legs in a normal manner immediately after treatment.
- ❖ A 20 minute walk or bike ride every day can yield a better result
- ❖ DO continue your regular exercise program BUT postpone high impact or weight training for one week post treatment.
- ❖ DO elevate your feet whenever sitting
- ❖ DO NOT expose your legs to the sun for at least 7-10 days. After that, always use at least an SPF of 25 sunscreen. A sunburn after treatment will increase the risk of skin damage or ulceration.
- ❖ DO NOT shave your legs for 3 days after the treatment, due to risk of infection
- ❖ AVOID tub baths and saunas for 2 weeks after treatment.
- ❖ No NSAIDs ( Motrin, Advil, Aleve) fish oil, vitamin E or ginkgo biloba for 4 days after the procedure.

What to expect:

Small "mosquito-bites" appearing areas, reddish/brown bruising, or black and blue marks that change to a yellowish color, are all normal. Bruising usually will fade within a week and should be completely gone in 2 weeks.

Contact Aria Aesthetics & Wellness with any questions or concerns that you may have. [info@arianc.com](mailto:info@arianc.com)