



Shining Way Esthetics

Patient Post-Sclerotherapy Instructions

After Your Treatment

1. Immediately after the procedure, you may be required to put on support hose and walk for 10 – 30 minutes. Be sure to have loose-fitting slacks/skirt and comfortable walking shoes with you.
2. Taped compression pads/cotton balls are gently removed twenty-four hours after your sclerotherapy procedure (your sclerotherapist will discuss the exact time with you). If you notice a developing tape allergy (redness or rash) remove tape and put on support hose.
3. If you remove the tape prior to twenty-four hours, try and wear support hose.
4. Maintain normal activities. You are encouraged to walk as much as possible and avoid standing in a single position for prolonged periods of time.
5. Avoid strenuous physical activities such as high –impact aerobics, running or weight lifting for the first 48-72 hours following your treatment.
6. Avoid hot baths for 2 weeks. Cool your legs with cool water after each shower for the next 3 – 4 days.
7. Avoid sunbathing and ultraviolet exposure for at least 1 week.
8. Avoid swimming in chlorinated pools for 48 hours following your treatment.
9. Avoid blood-thinning medications such as aspirin and other non-steroidal anti-inflammatory drugs (e.g. Ibuprofen, Motrin, Advil, Anaprox, Vioxx, etc.) for 24-48 hours following your treatment. This includes vitamin supplements such as Vitamin E, Ginkgo Biloba, Omegas 3, 6 or 9, fish oil or flaxseed.
10. It is advised to avoid flying for 48 hours after the treatment of Reticular Veins.
11. Should you experience any redness or small lumps, use warm compresses several times a day. If you experience any open areas you may use Polysporin Ointment (NOT Neosporin) to the affected areas.
12. Remember to call the office if you should have any questions or concerns regarding your treatment.

I certify that I have been counseled in post sclerotherapy treatment instructions and have been given written instructions as well. All my questions and/or concerns have been addressed and answered to my satisfaction.

Patient Signature

Date