



## Cosmetic Sclerotherapy Pre-/Post Instructions

A non refundable deposit of \$50 is required to book your appointment.

Please arrive for your procedure 10 minutes prior to your appointment time. If you need to cancel your procedure for any reason, we require a call 24 hours prior to the scheduled appointment or you will be charged a \$50 cancellation fee.

### Before Your Procedure:

- Purchase thigh high compression stockings and bring them with you to procedure.
- Apply Dermaka cream to both legs every evening starting 5 days prior to appointment.
- Do not apply any lotions, creams, self-tanner or moisturizers to your legs the day of the procedure.
- Make sure you are well hydrated before and the day of your procedure. Drink lots of water and avoid caffeine such as coffee, tea, or sodas.

### After Your Procedure:

- You **will** wear compression stockings for a full 48 hours, then on during the day and off at night for two weeks.
- You may remove your compression stockings to take a quick shower. Avoid taking a bath and using a hot tub/sauna for the 2 weeks following the procedure.
- **DO NOT** participate in strenuous exercise such as running, high impact aerobics, or weightlifting for one week.
- **Walking is very important after the procedure.** Walking helps to speed the recovery process and reduces the risks of developing a blood clot. The day of your procedure you should get up and walk for 10 minutes every hour until you go to bed.
- Avoid sitting or standing still for long periods of time (usually more than 30 minutes).
- **DO NOT** plan any long car/bus rides or airplane trips for at least one week after your procedure.
- **NO SUN EXPOSURE** on the treated leg for 2 weeks as this can cause staining of the skin.
- You may experience some tenderness and swelling in your treated leg after the procedure and even for a few weeks after the procedure. This is completely normal. You can take Ibuprofen or Tylenol to help alleviate the discomfort you are feeling.
- You may experience itching during and post procedure. You can take Claritin, Allegra or Zyrtec.
- Apply the Dermaka cream twice daily for 5 days following the procedure. This helps reduce inflammation/swelling, prevent/treat dark spots and decrease bruising.
- Veins will look worse before they look better.
- You can schedule your next session in 4 weeks if desired, but the veins can continue to lighten for 6 weeks.
- Most people need multiple sessions to achieve desired outcome.