

## Your Post Care Instructions Sclerotherapy

It is critical that you follow all aftercare instructions below in addition to any advice given by your practitioner to prevent any complications and achieve the best results from your treatment. If the advice given by your practitioner differs from the below, please follow the advice of your practitioner. If you have any concerns or questions please call us on 0333 242 8528.

- You will need to wear a pair of class 2 compression hold-up stockings. These should be worn for 3 days following each treatment session, although they may be removed at night.
- Male patients should wear medical stockings or have the legs bandaged.
- A shower can be taken later in the day, but you should avoid bathing for 24 hours.
- The compression stockings can also be worn on long haul flights for the prevention of swollen feet and deep vein thrombosis.
- Avoid prolonged standing for at least a couple of days, if you are on your feet a lot, wear support hose.
- Brisk walking for 20 minutes after treatment is beneficial and normal exercise can be resumed after 24 hours including swimming.
- Don't pick at any areas on your legs.
- Avoid washing with perfumed goods.
- Avoid waxing or shaving the legs.
- Air travel may be undertaken straight away. You are advised to drink plenty of fluids during the flight and to wear class 2 compression stockings for any journey over 6 hours.

It's important to have your follow up treatments and to continue with your treatment plan to achieve the best results. Please call us on 0333 242 8528 to book your next treatment.