COSMETIC INJECTABLES CENTER

Sclerotherapy Post Care Instructions:

- Immediately after the treatment, you will be required to put on support stockings or bandages and walk for 10-30 minutes. Be sure to have loose-fitting slacks and comfortable walking shoes with you.
- Maintain normal activities.
- Walk at least one hour a day.
- Avoid standing for long periods of time.
- Avoid hot baths for two weeks. Cool your legs with cold water after each shower.
- Wear support stocking as instructed for at least two weeks after treatment. After healing, use them for long trips or when your legs ache.
- Avoid strenuous physical activities such as high impact aerobics or weight lifting for the first week after treatment.

Precautions:

- Stay active and walk (avoid prolonged standing and sitting) for several days. On long plane or car trips, get up and move around, or at least flex your ankles periodically to activate the venous pump in the calf muscles.
- Please purchase the appropriate compression socks/hose and bring them with you to your sclerotherapy appointment. The doctor will not perform the sclerotherapy unless the appropriate hosiery is present.
- Be aware that you should avoid aspirin or aspirin related products (i.e. Motrin, Advil, Aleve, etc), other non-steroidal anti-inflammatory drugs (i.e. arthritis medication), or any non-essential herbal medication for seven days prior to your appointment and 24 hours after your appointment as this may increase bruising.
- We recommend not to drink alcoholic beverages and not to smoke for two days before and two days after your treatment as this may impair healing.
- Do not shave your legs on the day of your appointment to avoid discomfort.
- Before your appointment, shower and wash your legs thoroughly with an antibacterial soap. Do not apply any cream or lotion to your legs.
- Bring loose-fitting shorts and comfortable walking shoes with you to the treatment.
- Eat a light meal or snack one to two hours prior to your appointment.

When to Call the Doctor:

- Superficial inflammation (phlebitis) may occur, with tenderness and firmness. This typically resolves with treatment, but in some cases can be long-lasting.
- If any bleeding is not controlled with 20 minutes of firm, constant pressure, contact our office.

If you experience any problematic side effects from your treatment please contact Dr. Soleiman immediately on 818-322-0122 or email info@cicproviders.com.