

SCLEROTHERAPY AFTERCARE

Post Treatment Instructions

- It is crucial to walk immediately after the treatment
- There can be no jogging, swimming or other high impact physical activities for 7-10 days after treatment
- Sun exposure must be limited for 2-4 weeks after the treatment. If necessary to go into the sun, use SPF 25 or greater at all times.
- Use of medical support hose is recommended
- Any form of heat must be limited for 24 hours after the treatment such as saunas or hot baths
- Call your physician's office with any questions or concerns you may have after the treatment