

# lachele

AESTHETICS & WELLNESS

## Sclerotherapy Post Treatment Instructions

- **NO sun, tanning beds, tanning lotions, etc. Avoid sun until healed.** It's best to avoid direct sunlight until after all sessions are complete. Avoid tanning beds and self-tanners. Use sunscreen regularly (at least SPF 30 to minimize the chance of discoloration).
- You will be able to maintain normal activities. Mild exercise (like walking) is helpful. **Walk at least 10 minutes every 2 hours while awake. The more the better.** Avoid strenuous physical activities such as high-impact aerobics, jogging, vigorous swimming, or lower body weightlifting for 1 week.
- It is normal for your injections to look worse before they look better. You can expect to experience bruising, redness, swelling, itching, tenderness, and discoloration at your injection sites. You can also expect hardness along the course of the veins that were treated. This will fade over a period of several weeks to months. If redness, tenderness or swelling occurs, please call our office.
- **Avoid hot baths, hot showers, hot tubs, sauna, alcohol, aspirin and ibuprofen for 48 hours** unless you are taking aspirin for a heart condition.
- Avoid flying for 1 week.
- Use Tylenol for pain management.
- If compression stockings are recommended for you, **do not remove your stockings for the first 24 hours after your treatment.** This is an important part of your therapy as it prevents blood from re-entering the injected veins. **After 24 hours, you may remove your stockings to shower.** You should **continue to wear your compression stockings for 5-7 more days post treatment during waking hours.** This helps the vein walls adhere together to establish effective sclerotherapy.
- You may **shower after 24 hours.** Use gentle soap and pat dry. You may apply moisturizing lotion after 24 hours.

### Call your provider if you experience:

- Sudden leg swelling or severe pain
- Signs of infection: increasing redness, warmth, pus, fever
- Severe skin discoloration or blistering
- Worsening pain instead of gradual improvement
- Shortness of breath or chest pain (seek emergency care)

### Long Term Care:

- Continue wearing compression during long travel or standing days.
- Stay active and avoid prolonged sitting.
- Elevate legs when possible.

If you have any questions or concerns, please call our offices at (855) 522-4353 and follow the prompt for your desired location. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at [team@lachele.com](mailto:team@lachele.com)