



## Sclerotherapy Aftercare Advice

Please take note of the enclosed information and follow the instructions carefully to ensure successful treatment.

### Post - Treatment

- Compression tights must be worn directly after treatment. If dressing was applied, it can be removed 24 hours after treatment.
- Apply arnica cream if itchy over the first few days.
- Take a 10 minute brisk walk post treatment and every day after for the first week.
- Wear your compression tights day and night for 72 hours, removing for showering only and then thereafter wear for 4 days, you can remove them at night. You can continue to wear during the day when standing or walking for long periods.
- Avoid hot extremes for 7 - 10 days' post treatment such as sauna, steam room, sun beds, hot baths etc.
- Avoid excessive exercise for 1 week post treatment i.e. jogging.
- Avoid waxing/laser/epilating for 2 - 4 weeks after treatment.
- Elevate your legs each evening for the first 2 weeks.
- If you experience any adverse side effects, please contact the clinic immediately.

### Side Effects

Normal side effects can include redness, swelling, itchiness, cramping, bruising, tenderness and pigmentation changes.

### Adverse Reactions

However uncommon, risks that may occur include prolonged pigmentation (hyperpigmentation, hypopigmentation) hemosiderin deposition. Serious complications are rare but can occur such as allergic reaction, anaphylactic shock, infection, scarring, blistering, ulcers, scars and thrombosis.

Following your aftercare advice instructions reduces the risk of adverse reactions. If you experience any adverse reactions, please contact your clinic immediately.