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| **Sclerotherapy Aftercare** |

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| **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 30 or greater at all times.
* Wear compression stockings for 72 hours and then during the day while on feet for up to two weeks.
* Any form of heat must be limited for 24 hours after the treatment such as saunas or hot baths
* Stay hydrated and limit sodium, and alcohol intake to reduce excess swelling.
* Call with any questions regarding your treatment
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