

POST COSMETIC INSTRUCTIONS

You must understand that with Cosmetic Sclerotherapy, only 50-70% of the veins will shut down with one treatment. You may require additional treatments to get all of the veins to disappear.

Stockings:

- You will need to wear your stockings for 3 days continuously (even when sleeping at night).
- For blue reticular veins (large blue veins visible under the skin), you must wear the stockings for 7 days.
- While wearing the stockings, you may shower with the stockings on and dry them afterwards with a hair dryer. ***BE CAREFUL WHEN GETTING IN AND OUT OF THE SHOWER AS THE STOCKING CAN BE SLIPPERY***

YOU MUST WALK FOR 10 MINUTES AFTER THE PROCEDURE BEFORE YOU GET INTO THE CAR TO DRIVE HOME!

You may feel hard little lumps under the skin following injections. The area may get reddened and tender to the touch. These are the veins closing under the skin. The body will slowly reabsorb this and it will get smaller, usually going away in about 4-6 weeks.

If you see areas of brown discoloration with palpable lumps or areas of trapped blood in the vein 2 weeks after the procedure, call the clinic for a follow up appointment.

THINGS TO KEEP IN MIND:

- Avoid the sun if bruised or discolored. If you must be in the sun, use sunscreen (at least SPF 30) on your legs and cover the bruised areas with a cloth.
- Avoid hot tub baths if bruised or discolored (regular showers are allowed)
- Avoid lifting over 30 lbs and jumping or running for 10 days.
- Avoid sports like tennis, volleyball or running for 10 days.

Walking/brisk walking and regular household activities are allowed.

Ice and mild anti-inflammatories such as Tylenol, Advil, and Aleve may be used for the first 5-7 days to help the healing process. This will reduce swelling, bruising and pain.

IF THERE IS ANY SEVERE PAIN, SWELLING, FEVER OR THE INJECTION SITE TURNS HOT AND RED AND LOOKS INFECTED, CALL US AT 386-304-3404 BETWEEN 9-5 Mon-Fri. AFTER HOURS: CALL DR. SINGIREDDY at 386-453-4887 ON HIS CELL.