



Anti-Aging And Medical Skin Care Center

Sclerotherapy

Pre Treatment Sclerotherapy:

- Prior to treatment, you will need to purchase compression hose and bring them with you to the appointment. We recommend compression stockings with 20-30 mm Hg compression. You can purchase knee-high stockings, thigh-highs or full pantyhose from any medical supply store or on-line. These generally cost \$10-\$50. Pantyhose style (waist-highs) work the best. Thigh highs are cooler, but they have a tendency to sag and pinch the upper thighs.
- You cannot be treated with a sunburn. Please reschedule with more than 24 hours notice to avoid a late cancellation fee.
- Feel free to shower or bathe before your treatment but please arrive to your treatment with no lotions, creams or any other topical products on your legs.
- You may be most comfortable wearing shorts or a skirt for the treatment, otherwise we can give you a wrap and robe.
- Your legs will be bandaged with cotton balls and an adhesive compression tape for the first 24 hours. Please let us know if you have allergies or sensitivities to adhesives.

Post Treatment Sclerotherapy:

- Proper bandaging following sclerotherapy is critical for the success of the procedure. Leave the cotton balls, compression bandages, and compression stockings in place for 24 hours. After 24 hours, remove the compression tape and cotton balls. You may find it easier to remove the compression tape after soaking in a warm bath or shower (not hot). Put the compression stockings back on after the bandages are removed.
- Compression stockings should be worn at all times while awake for 5 days, removing them only for bathing or sleeping.
- Bruising and discoloration are normal after sclerotherapy. These issues will resolve over a number of weeks. It is very important to avoid sun exposure to the treatment areas after sclerotherapy. Sun exposure can cause hyperpigmentation (skin darkening) in treated areas. Wear protective clothing and a 50 SPF mineral sun block, reapplying every hour while outside, for at least 1 month after the treatment.

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- Exercise following sclerotherapy is okay. Avoid strenuous, high-impact activities for one week after the treatment.
- Avoid excessively hot baths, showers, or hot tubs or any excessive heat exposure for one week after the treatment.
- Occasionally, when treating larger vessels, a small clot or “knot” may develop. If this happens, we would like for you to call the office. We will often do a simple extraction of the clot or may opt to let it dissolve on its own.
- Pain after sclerotherapy is usually very minimal, if at all, and resolves after 1-2 days. If you experience discomfort, you may take a Tylenol or Extra-Strength Tylenol. If you experience significant pain, redness, swelling, crusting, or bleeding, call our office immediately.

Thank you for your business.

LouAnn Perugini, ACNP, FNP, DCNP, CANS

Dermatology and Aesthetic Board Certified APRN

DermAesthetics, Anti-Aging, Laser & Medical Skin Care Center

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