

# FLORIDA LAKES SURGICAL

## PATIENT POST- SCLEROTHERAPY INSTRUCTIONS

### AFTER YOUR TREATMENT

- ❑ Immediately after the procedure, you may be required to put on support hose and walk for 10-30 minutes. Be sure to have loose-fitting slacks/skirt and comfortable walking shoes with you.
- ❑ Maintain normal activities. You are encouraged to walk as much as possible and avoid standing in a single position for prolonged periods of time.
- ❑ Avoid strenuous physical activities such as high-impact aerobics, running, weight lifting, for the first 48-72 hours following your treatment.
- ❑ Avoid hot baths for 2 weeks. Take cool showers for the next two weeks.
- ❑ Avoid Sunbathing and Ultraviolet Exposure for at least 2 week.
- ❑ Avoid swimming in chlorinated pools for 48 hours following your treatment.
- ❑ Avoid blood-thinning medications, such as Aspirin and other non-steroidal anti-inflammatory drugs, (e.g., Ibuprofen, Motrin, Advil Anaprox, Vioxx, etc. for 24-48 hours following your treatment.
- ❑ It is advised to avoid flying for 48 hours after the treatment of ReticularVeins.
- ❑ Should you experience any redness or a small lump use warm compresses several times a day. If you experience any open areas (s) you may use Polysporin Ointment (NOT Neosporin) to the affected area.
- ❑ Remember to call the office if you should have any questions or concerns regarding your treatment.