



### **Pre-Sclerotherapy/Laser Instructions for Spider Veins**

- Do not shave or apply lotion to your legs on the day of the treatment!!
- If you prefer, you may bring a pair of shorts or bathing suit to wear during the treatment- some patients feel this is more comfortable.

### **Post-Sclerotherapy/Laser After-Care Instructions for Spider Veins**

- If applied, leave cotton rolls and tape on overnight.
- If your leg(s) are dressed with compression hose, keep them on overnight as well.
- Itching after treatment is common and usually goes away by the evening.
- If severe itching or burning develops under the tape, remove it immediately. If this condition persists, please call the office for a prescription cream.
- In the morning after a treatment, remove any dental rolls and tape. If wearing support hose a minimum of 3 days is recommended,( 1 week is better). Support hose does not need to be worn in bed at night after the first day of treatment.
- After treatments, there is no restriction on activity, except hot baths, jacuzzi, sauna etc for 1 week. We encourage walking. Do not tan or sunbathe as this may cause abnormal pigmentation of the skin.
- If something occurs (for example, illness or injury) that would interfere with normal walking, please postpone treatment.

Please call us if you have any questions or problems