

Sclerotherapy
Post Treatment Instructions

- It is crucial to walk immediately after the treatment
- There can be no jogging, swimming (hot tubs), or other high impact physical activities 24 hours after treatment. You may resume normal physical activities thereafter.
- Sun exposure must be limited to 2-4 weeks after the treatment. If necessary to go into the sun, use SPF 25 or greater at all times.
- Use of medical support hose is recommended for 3 days during the daytime hours only.
- Any form of heat must be limited for 24 hours after the treatment, such as saunas, hot compresses, whirlpools, or saunas.
- Please feel free to call our office with any questions or concerns at (760) 942-2991