



MEDICAL AESTHETICS

HINGHAM | EASTON | MILTON

SCLEROTHERAPY PRE/POST TREATMENT

BEFORE CARE:

- Avoid aspirin or blood thinning products (fish oil, vitamin E, ibuprofen & anti-inflammatory drugs) for 1 week prior to your appointment.
 - Avoid alcohol for 24 hours prior to your appointment.
 - Avoid sun exposure and tanning beds 4 weeks prior to your appointment.
 - Do not use self tanner for 2 weeks prior to your appointment.
 - Do not shave, moisturize or use depilatories the day of your treatment.
 - Wear comfortable, loose fitting clothes.
 - Bring in Compression garments for after your treatment.
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AFTER CARE:

- Brownish discoloration, this is not uncommon but is usually temporary. It could take several months or longer to resolve. It is uncommon for discoloration to be permanent.
- Inflammation around a vein can occur. This may be tender but generally resolves with treatment
- Tenderness, bruising or firmness in the treated area can occur and may be long lasting but rarely permanent.
- Do not take Aspirin and medications that contain aspirin interfere with forming blood clots, and therefore may contribute to more bleeding issues. If you have a medical condition (such as heart arrhythmia, heart stent, blood vessels with blockages, or blood clots) and are taking medications to thin your blood and prevent clotting such as Plavix, Warfarin, Coumadin, Xarelto, Effient or Pradaxa, discuss management of these medications around the time of treatment with your provider. If you have an adverse reaction, stop the drugs immediately and call your provider for further instructions. If the reaction is severe, go immediately to the nearest emergency room.

SUN EXPOSURE – DIRECT OR TANNING SALON:

- Exposing the treated areas to sun may result in increased scarring, color changes, and poor healing. Patients who tan, either outdoors or in a salon, should inform their provider and either delay treatment, or avoid tanning until the provider says it is safe to resume. The damaging effect of sun exposure occurs even with the use sun block or clothing coverage.

IMPORTANT COMMITMENTS / TRAVEL PLANS:

- Please let the provider know of any travel plans, important commitments already scheduled or planned, or time demands that are important to you, so that appropriate timing of treatment can occur. There are no guarantees that you will be able to resume all activities in the desired time frame.