



MEDICAL SKIN AND LASER
3/37 ELIZABETH ST
KALAMUNDA 6076
(08) 6293 1066

LA BELLE PEAU
478 FITZGERALD ST
NORTH PERTH 6006

SCLEROTHERAPY AFTERCARE

Please note the final resolution of your treated veins can take 6 - 10 weeks. In this time it is perfectly normal to have bruising, darkening and lumpiness of the treated veins.

If you experience any excessive swelling or you are having difficulty walking please call us on 6293 1066

Continue to wear your compression stockings for 4 days full time, followed by 10 days part time.

AVOID OVER THE NEXT 2 WEEKS

Travelling more than 5 hours

Becoming pregnant

Taking Iron supplements

Taking oral contraceptives or HRT

Do not undergo any medical procedures that require general anaesthetic

Do not take any multivitamins that contain Vitamin E

Do not take any herbal or chinese supplements

Do not apply Vitamin E to your legs

Do not apply any anti-bruising creams to your legs eg: Hirudoid or Lasonil

Do not wax your legs (Shaving is ok)

Do not have excessively hot showers or expose your legs to the sun

Do not run, cycle or undertake strenuous exercise that raises your heartbeat above 120 beats per minute.

Do not use a cross trainer or step machine

No weight lifting, squats or lunges

No yoga, pilates or other practices that require contraction of the leg muscles for long periods

Do not massage the treated area

Do not stand for long periods of time (If this is unavoidable please continue to wear your compression stockings during long periods of standing)

2 WKS POST TREATMENT

You can undergo procedures that require local anaesthetic.

You may moisturise your legs (Not with Vitamin E Cream)

Walk on a treadmill

Participate in light exercise of the upper body.

4 WEEKS POST TREATMENT

You may now resume all normal activities however please continue to avoid prolonged periods of standing until your follow up appt.

Disclaimer:

Post care is individual to everyone, so this should be used as a guide only. Should you experience any burning, stinging, excessive redness, pain, excessive dryness, any signs of infection, including new breakouts, please contact our clinic as soon as possible. Our medical team is here to help you at any point along the journey. We are invested in making sure that you obtain the best outcome.