



## **PRE AND POST CARE INSTRUCTIONS SCLEROTHERAPY**

### **Pre Treatment**

- Bring your stocking and a pair of loose fitting shorts to every appointment
- Begin taking a chewable 81mg (baby) aspirin twice daily starting 1 day prior to treatment and continue daily until 1 month after your final treatment.
- (OPTIONAL) Begin applying Dermaka Cream to the abnormal veins 5 days prior to starting treatment to help decrease bruising and discoloration until resolved. This can be purchased at Eterna for \$32. We look forward to seeing you at your upcoming appointment!

### **Post Treatment**

- Wear compression stockings for 24 hours continuously and then during the day for one week following treatment.
- Burning, itching, redness and/or discoloration may develop in the area treated and is temporary.
- Sun exposure is to be avoided throughout the course of treatment. A sunscreen with an SPF of 30 or greater should be applied whenever the area is exposed to the sun. If you develop a tan within the proposed treatment area, your session may be delayed until tan has significantly faded.
- Avoid the following for 1 week:
  - Sitting or standing in one place without moving around.
  - Strenuous activities.
  - Heavy lifting.
  - Exercise that involves the core.
  - HOT tubs, HOT baths, HOT shower, HOT saunas
- Please do not schedule any trips by plane or car for more than 8 hours within the first 2 weeks after your procedure.

**Please contact your provider immediately if you notice any blistering, rash, crusting, pus, tenderness or any other changes that may concern you.**

**We want you to be completely happy with your visit to Eterna!  
Call the office with any questions or concerns 253.268.3400 or after hours 253.249.6979.**

**If you are pleased with the service you received today, we invite you to post a review on  
Yelp or Google.**