



PRE AND POST CARE INSTRUCTIONS VENASEAL

Pre Treatment

- The day of your treatment please:
 - Shower and wash your legs thoroughly.
 - Do not put cream or lotion on your legs.
 - Do not wear perfume or cologne.
 - Please wear loose fitting slacks or sweats the day of your procedure and bring a pair of loose fitting shorts.
- You will be in the office for a total of approximately 1.5 hours after you arrive.
- We encourage you to have a small meal 1 to 2 hours prior to your procedure and to stay well hydrated before your arrival time.
- **Start taking Aspirin 81mg twice a day the day before your procedure and continue for 1 month after your last procedure. (Do not take if you are already on a blood thinner)**
- **You will need to take Zyrtec the day before your procedure and continue taking daily for 1 week.**
- Please do not schedule any trips by plane or car for more than 4 hours before and after your procedure.
- (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.

Post Treatment

- You may remove the bandage after 24 hours.
- Moderate discomfort may be present, with the most discomfort occurring up to one week following the procedure as the leg heals.
- If you have discomfort you may take Acetaminophen as needed.
- Get up to walk every 60 minutes while awake.
- No standing in one place for more than 5 minutes after your procedure for the remainder of the day.
- Please do foot exercises by simply flexing the foot at the ankle and pulling your toes toward you.
- Sun exposure is to be avoided until any pigmented areas have faded. Please use SPF 30 or greater to these areas when sun exposure is unavoidable.
- If it is necessary for you to travel for an hour or more, please stop and walk around for 10 minutes.
- Avoid prolonged standing for the first week and elevate your leg(s) at least 3 times a day for 5-10 minutes.
- Please do not schedule any trips by plane or car for more than 4 hours before and 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 253.466.5011.

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