



PRE AND POST CARE INSTRUCTIONS SCLEROTHERAPY

Pre Treatment

- Bring your stocking (available for purchase here) 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. (Do not take if you are already on a blood thinner)**
- **Do not take Ibuprofen while taking the Aspirin**
- Please do not schedule any trips by plane or car for more than 4 hours within the first 2 weeks before or 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. 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, hard lumps, tenderness, 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 areas 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:
 - Prolonged sitting or standing
 - 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 4 hours within the first 2 weeks before or 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.**