



**ABSOLUTE**  
COSMETIC MEDICINE

## **SCLEROTHERAPY PRE AND POST PROCEDURE INSTRUCTIONS**

1. Please go for a 15 minute walk after your treatment. Avoid standing still and put feet up when sitting.
2. After 24 hours the bandages, rolls and tape applied at the time of the treatment must be removed. You must lay flat to do this until the Tubi Grip or your stocking has been re-applied. Tubi Grip or compression stockings are essential and should be worn at all times for five to seven days.
3. Should any blisters form, cover them with Band-Aids. See your treating Doctor immediately if you have any concerns.
4. Bring the bandages that you have been given to every treatment session. You should bring your compression stockings as well.
5. DO NOT apply moisturiser to your legs on the day of the treatment as this will prevent tape from sticking.
6. Avoid taking Aspirin or anti-inflammatory for one week prior to your appointment. Panadol should be used instead.
7. You may prefer to wear slacks to your appointment, as they will conceal the stocking and underlying compression pads.
8. Any problems (heat, swelling, pain, coughing up of blood, chest pains or signs of infection) should be reported immediately to your treating Doctor; during office hours on (08) 9389 9099 or after hours on 0412 366 872 or 0413 835 867.
9. Keep your stocking and dressings dry in the shower by wrapping them in cling film or a clean garbage bag. The stocking can only be removed when you are laying flat.
10. Remember veins can be stubborn and they may not all vanish after your first treatment.