

POST CARE INSTRUCTIONS – SCLEROTHERAPY

- 1.) Wear your support stockings home today and for the first 24 hours after treatment. You should wear them during the day for the next 2-3 weeks.
- 2.) No strenuous exercise for the next 48 hours.
- 3.) No hot baths or showers for the next 48 hours.
- 4.) You will look more bruised tonight and for the next few days. Expect full results in the next 4-6 weeks. You may need additional treatments.
- 5.) You also may develop darkened areas around the injection sites called post inflammatory hyperpigmentation. These will fade over the course of 6-8 weeks.
- 6.) Any area that remains inflamed, red, and warm to the touch or produces an ulceration or discharge may be infected. Please call our office immediately if this occurs (860) 243-3020.

JENNIFER W. PENNOYER, M.D., L.L.C.

INTENSE PULSED LIGHT PHOTOFACIAL
SKIN CARE AFTER TREATMENT OF VASCULAR AREAS

1. Care should be taken to prevent trauma to the treated area.
2. Apply a cooling, soothing preparation such as Aloe Vera.
3. Cool packs or cool wet compresses may be used. Avoid ice packs (baggies filled with peas are great)
4. Avoid harsh rubbing of treated area for 24 hours.
5. If nose and cheek areas are treated, swelling under the eyes is possible for a few days.
6. Can use make-up as long as skin is not broken.
7. For blistering or crusting an antibiotic of choice may be used.
8. No hot baths or aerobic exercises for 24 hours.
9. No sun exposure following treatment for 2 weeks.
10. Use sun block for unavoidable sun exposure.
11. If you have any questions or concerns please call us at 860-243-3020