

lachele

AESTHETICS & WELLNESS

Sclerotherapy Pre Treatment Instructions

- To optimize your results we ask that you purchase medical grade compression stockings prior to your treatment and bring them with you to your appointments. These are also available for purchase here at La Chele. We recommend 20-30mmHG compression strength.
- You should not have a tan at the time of your treatment (or use of tanning lotions or a spray tan). Avoid sun exposure for 1 month prior to your treatment sessions.
- Do not apply oils, lotions, or powders on the day of your injections.
- You may be most comfortable bringing a loose fitting pair of shorts for your treatment session, or we will provide shorts for you.

If you have any questions or concerns, please call our New Hope (215) 862-6100, Newtown (267) 753-7676, Upper Dublin (215) 515-1770 or Ellis Preserve (215) 714-7104 office. During off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at team@lachele.com

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A E S T H E T I C S & W E L L N E S S

Sclerotherapy Post Treatment Instructions

- NO sun. Avoid sun until healed. It's best to avoid direct sunlight until after all sessions are complete. Use sunscreen regularly (at least SPF 30) to minimize chance of discoloration.
- You will be able to maintain normal activities. Mild exercise (like walking) is helpful. Walk at least 10 minutes every 2 hours while awake. The more the better. Avoid strenuous physical activities such as high-impact aerobics, jogging, vigorous swimming, or lower body weight lifting for 1 week.
- It is normal for your injections to look worse before they look better. You can expect to experience bruising and discoloration at your injection sites. You can also expect hardness along the course of the veins that were treated. This will fade over a period of several weeks to months. If redness, tenderness or swelling occurs, please call our office.
- Avoid hot baths, hot showers, alcohol, aspirin and ibuprofen for 48 hours unless you are taking aspirin for a heart condition.
- You may apply moisturizing lotion after 24 hours.
- If compression stockings were recommended for you, do not remove your stockings for the first 24 hours after your treatment. This is important part of your therapy as it prevents blood from re-entering the injected veins. After 24 hours, you may remove your stockings to shower. You should continue to wear your compression stockings for 5-7 more days post treatment during waking hours. This helps the vein walls adhere together to establish effective sclerotherapy.

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