



### **Post Treatment Instructions for Spider Vein Treatment – Sclerotherapy, Laser , Ohmic Thermolysis & Micro-Phlebectomy**

- Resume normal activities and you may go back to work. With Micro-Phlebectomy you may want to take the day off after the procedure.
- With sclerotherapy/micro-phlebectomy, wear compression stockings for 2-3 days if tolerated and take them off when you sleep. Stockings do help with comfort and may minimize bruising.
- Avoid high impact aerobics, jogging, running, leg weight lifting and sit-ups the day of the treatment.
- Protect the treated areas from sun exposure by using sunscreen/sun block.
- You may drive after your treatment. With Micro-phlebectomy we recommend a driver especially if the right leg is being treated. We do apply a 3-layer compression dressing and you will remove this dressing in the morning.
- You may take over the counter pain medications such as Tylenol or Ibuprofen as needed.
- You may use cool compresses.
- With sclerotherapy, avoid iron supplements.
- With sclerotherapy, avoid sun bathing/exposure or tanning beds for at least two weeks.
- Stay out of pools until incisions have healed.
- Follow-up appointments are every 4-6 weeks.
- Dermaka cream 3 times a day will help with healing by decreasing bruising and inflammation.

Visit [www.dermaka.com](http://www.dermaka.com) for more information.

#### **Facial Veins**

- Keep your head elevated day/night of treatment
- Dermaka cream 2-3 times a day will help with healing by decreasing bruising and inflammation.

#### **Post ohmic thermolysis/laser treatment**

- Resume normal activities & you may go back to work
- Dermaka cream 2-3 times a day will help with healing by decreasing bruising and inflammation.

**Call the nurse for any questions or concerns before or after your spider vein treatment.**

**Port St. Lucie: 772-335-3550**

**Palm Beach Gardens: 561-694-9493**

**Stuart: 772-219-2777**