



DIANE WALDER
DERMATOLOGY
by RIVERCHASE

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SCLEROTHERAPY **PRE-PROCEDURE INSTRUCTIONS**

- No Aspirin 9 days prior to treatment.
- Day of treatment: wear flat shoes; wear long pants or long skirt.
- Bring compression stocking/ hose with you to appointment.

POST-PROCEDURE INSTRUCTIONS

- No heavy exercise day of treatment (jogging, running, weight lifting). Walking is acceptable.
- Wear compression stocking for 3 days.
- You should walk for 12-20 minutes immediately after your procedure.
- No excessive sun exposure, lengthy plane ride, hot bath sauna for 3 days.
- You may resume all normal activities with the exception of above, on the day of treatment.
- You may require more than one treatment.
- Your next treatment should be scheduled 4-6 weeks later.
- If you have any questions or concerns please call the office.