



HEARTLAND AESTHETICA  
CURATED BEAUTY

10111 E. 21<sup>st</sup> St. Suite 305  
Wichita, KS 67206  
316-777-6393

**Sclerotherapy Pre-Treatment:**

- ***Do not drink alcohol*** at least 48 hours prior to treatment, it may thin blood and cause increased bruising.
- ***Avoid anti-inflammatory and blood thinning medications*** 2 weeks prior if possible. This helps minimize bleeding and bruising at the injection site. Anti-inflammatory medications include Motrin, Ibuprofen and Aleve. Blood thinning medications prescribed by a physician should not be stopped. Over the counter medications include ***Aspirin, Fish oil, Ginko, St. John's wart, Garlic, Vitamin E and Omega's***
- Refrain from using moisturizers and lotions on the day of treatment
- If you would like to bring a pair of your own shorts for comfort that is ok
- Bring your compression stockings to each visit

**Sclerotherapy Post-Instructions:**

- Walk for 20-30 minutes per day but, DO NOT perform intense aerobic exercise for one week.
- Remove gauze, tape or dressing in 6 hours and replace with ace wraps or compression stockings.
- Do not expose treated area to sunlight, tanning beds or self-tanner for one week.
- Minor discomfort and itching is common, Tylenol and ice packs may be used for pain.
- Shower the morning after your treatment and re-apply the ace wrap or compression stockings during the day for two full weeks.
- Avoid hot baths, hot tubs, saunas for three days.
- Avoid "intense aerobic" activity of lower extremities for one week

Call the office if you have any questions or concerns.