

## SCLERO-CUTANEOUS LASER THERAPY PATIENT INFORMATION

### BEFORE YOUR APPOINTMENT/PROCEDURE:

1. The day of your procedure/treatment, shower and wash your legs thoroughly. Do not apply any cream or lotion to your legs. Do not wear any fragrances.
2. Bring loose-fitting shorts to wear during the treatment, otherwise a spa wrap will be provided for you to wear.
3. Bring your elastic stockings for your treatment. If you do not have them, you will be fitted for them at the end of your first treatment if needed.

### AFTER YOUR TREATMENT:

1. If applicable, immediately after the procedure, **you will need to wear the elastic stockings 2 days, just during the day (they are not needed at night).**
2. **You will be able to maintain normal activities.** Walk at least 10-15 minutes every hour, the more the better! Try to, avoid standing for long periods of time. No heavy aerobics, heavy lifting or strenuous physical exercises for 2 days following your treatment.
3. Avoid sitting in hot tubs, steam rooms or saunas throughout your treatment as this may cause your veins to dilate (open).
4. Treated areas may be temporarily tender, slightly red and swollen. You may apply **ICE** directly over site for comfort. In the event of any scab, do not pick or remove. You may apply over the counter topical **antibiotic**. **You may experience some itching following your treatment.** 1% hydrocortisone ointments may help. These effects, if experienced, are very short in duration.
5. It is typical for your veins to look worse before they improve.
6. **Avoid direct sun exposure**, this may cause skin staining at treated area, which may be resolved after some time.
7. After healing, you may use stockings for long trips, prolonged standing, or when your legs ache.
8. Follow any additional instructions and appointments as indicated by physician.
9. As we discussed in your initial evaluation, we would like to remind you that multiple treatments may be necessary to obtain optimal results, which vary from person to person.

If you have any questions or concerns contact our office, we will be available for any assistance you may need.