

Post-Care Instructions for Spider Vein Treatment: Sclerotherapy, Laser, Ohmic Thermolysis & Microphlebectomy

Following spider vein treatment, please follow these instructions:

1. Avoid high impact aerobics, jogging, running, leg weightlifting, and sit-ups the day of the treatment.
2. Protect the treated areas from sun exposure by using sunscreen/sunblock.
3. You may take over-the counter pain medications such as Tylenol or Ibuprofen as needed unless otherwise instructed by your providers due to liver disease, kidney disease, allergies, etc.
4. You may use cool compresses.
5. You may drive following your treatment unless you underwent a microphlebectomy as it is recommended you are accompanied by a driver on the day of the procedure.
6. Stay out of pools until all incisions have healed.
7. Follow-up appointments are scheduled every 4-6 weeks following the procedure.
8. Apply Dermaka cream 3 times a day as this will help with healing by decreasing bruising and inflammation. Visit www.dermaka.com for more information.

For patients who underwent microphlebectomy:

1. You may want to take a day off after the procedure.
2. We recommend a driver accompany you to the clinic on the day of the procedure, especially if the right leg is being treated as we apply a 3-layer compression dressing that may be removed the following morning.
3. Wear compression stockings for 2-3 days if tolerated, which you may remove when you sleep. The compression stockings help with comfort and may minimize bruising.

For patients who underwent sclerotherapy:

1. Avoid iron supplements.
2. Avoid sunbathing/exposure or tanning beds for at least 2 weeks following the procedure.
3. Wear compression stockings for 2-3 days if tolerated, which you may remove when you sleep. The compression stockings help with comfort and may minimize bruising.

For facial vein patients:

1. Keep your head elevated the day/night of treatment.
2. Apply Dermaka cream 2-3 times a day to help with healing by decreasing bruising and inflammation. Visit www.dermaka.com for more information.

Post ohmic thermolysis/laser treatment:

1. You can resume normal activities, including going back to work following the procedure.
2. Apply Dermaka cream 2-3 times a day to help with healing by decreasing bruising and inflammation. Visit www.dermaka.com for more information.

Should you have any questions and/or problems, please the office where your treatment was performed at (____)_____ - _____.

Otherwise, please return to the clinic for your scheduled appointment on _____.