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## **Sclerotherapy Post Op Instructions**

Following these instructions closely will optimize the results you see from your treatment. If you feel you cannot follow them, it may be best to postpone your treatment.

1. Leave bandages on for a minimum of 48 hours. If you must remove them, replace them as soon as possible. Remove bandages before going to bed.
2. Notify your doctor immediately if any scabs, blisters, increasing tenderness should occur.
3. Wear elastic support stocking that you put on before getting out of bed, particularly for work if you stand or sit for prolonged periods of time. Medium compression hose are recommended for the 3 weeks immediately after treatment. Elastic stockings can continue to be worn between treatments to compress the lower extremities, thereby controlling swelling and helping to prevent new varicose veins.
4. A follow up visit is highly recommended after the first treatment to safeguard against any complications.
5. Make an appointment every 6 months to check for new varicose veins that can appear
6. Avoid hot baths or showers, saunas, massages, hot tubs or Jacuzzi tubs for a minimum of 48 hours after treatment.
7. Do not expose the treated areas to sun. If you must, use a sunscreen with an SPF 30 or higher. Avoid both outdoor and tanning bed light for minimum of 4-6 weeks after treatment.
8. Light exercise (such as walking one mile per day or short bicycle rides) may be resumed. However avoid pounding activities such as running, jogging, or high impact aerobics for minimum of 2 weeks.
9. Avoid long periods of sitting or standing in the days following treatment. This includes airplane flights. Should you have to work standing, lift your heels frequently or move your toes inside your shoes to activate circulation.
10. When working in a standing position, wear shoes with 1-2" heels. High heels impair venous pump of the legs
11. Do not wear any girdles or other clothing that impairs circulation
12. You should walk as much as possible including a minimum of 15 minutes the day of treatment
13. You should wait a minimum of 2 weeks for treatment to resume leg waxing.
14. Resume your diet if overweight and exercise regularly