

## Microsclerotherapy Aftercare

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In case of emergency or if you have any concerns following this treatment please contact us.

It is important to follow the specific aftercare instructions provided to ensure the best possible healing and results. If you have any questions or concerns about the aftercare process, be sure to ask your practitioner for more guidance.



# Microsclerotherapy Aftercare

- Please ensure you bring your Compression stockings to your appointment.
- Full length compression garments (grade 1) are preferred.
- Immediately after treatment Clients will be required to go for a brisk 10 minute walk.
- Compression garments must be worn day and night for the first 72 hours. Compressor garments must be worn for at least 12 hours a day for the following 21 days.
- Shower rather than bath for the first 14 days. Avoid extreme temperatures for 14 days (hot baths, hot showers, saunas, sunbeds and ice packs)
- No high impact exercise for 2 weeks but light exercise is recommended.
- No leg waxing for 4 weeks.
- Elevate your legs as much as possible in the first 14 days.
- Avoid crossing legs for the first 14 days.
- Avoid flying - long haul - 4 weeks, short haul - 2 weeks.
- Avoid sun exposure for 4-6 weeks to avoid pigmentation in the treated area.