

## **SCLEROTHERAPY**

### Treatment Instructions

#### **After Your Treatment:**

- Immediately after the treatment, you will be required to put on support stockings or bandages and walk for 10-30 minutes. Be sure to have loose-fitting slacks and comfortable walking shoes with you.
- Maintain normal activities.
- Walk at least one hour a day.
- Avoid standing for long periods of time.
- Avoid hot baths for two weeks. Cool your legs with cold water after each shower.
- Wear support stocking as instructed for at least two weeks after treatment. After healing, use them for long trips or when your legs ache.
- Avoid strenuous physical activities such as high impact aerobics or weight lifting for the first week after treatment.
- We can repeat the treatment in 8 weeks.

#### **Communication:**

The most important person at Look Lab is you, the patient! We are 100% committed to giving you the perfect experience! Please let us know how we're doing by emailing us at [info@LookLab.com](mailto:info@LookLab.com) or leave us a review on any social media platform (Google, Yelp, FaceBook).

Please notify our clinical staff at **833.999.5665(LOOK)** immediately with any medical questions you may have and always feel free to make an in-person appointment for an evaluation if you have a concern. In case of an emergency please visit the emergency room.

Anything you forgot to ask? Send us a direct message on Instagram

**@LookLabMedSpas**