



GILLUM FACIAL PLASTIC SURGERY
13431 Old Meridian Street, Suite 110
Carmel, IN 46032
www.gillumfps.com
Phone: 317-571-0756
Fax: 317-571-0820

SCLEROTHERAPY TREATMENT **POST CARE**

1. **LEG SUPPORT IS IMPORTANT AFTER INJECTIONS.** After injections, your leg may be wrapped with an ace or support hose may be worn. Usually injection sites are reinforced with a cotton ball which should remain in place for the duration of the day. It is OK to shower the following day. Wear support hose for 4-6 days.

2. **AGGRESSIVE EXERCISE LIKE JOGGING, TENNIS, OR HIGH IMPACT AEROBICS SHOULD BE AVOIDED FOR ONE WEEK AFTER TREATMENT.** Other activities are not restricted. You may continue to work, perform daily activities and exercise except as noted.

3. **MILD SWELLING IS NOT UNCOMMON.** This can be relieved with elevation of the leg above the heart. **BRUISING** is a common finding after injection therapy. This will resolve on its own.

4. **POST TREATMENT DISCOMFORT IS MINIMAL.** Tylenol is fine for any necessary pain relief.

5. **FOLLOW UP.** Office visits are scheduled two to four weeks after injections. At that visit your results will be evaluated and a decision for future therapy made.

Patient Signature: _____ Date: _____

Witness: _____ Date: _____