

Sclerotherapy & Laser Leg Post-Care Instructions

Thank you for choosing Pūr Skin Clinic for your treatment. Proper post-care is essential to ensure optimal results and a smooth recovery. Please review and follow these guidelines.

Activity Restrictions:

- **Walking:** Light walking is encouraged immediately after treatment to promote healthy blood flow.
- **Avoid Exercise:** Refrain from all forms of vigorous exercise, including running, cycling, weightlifting, exercise classes, Pilates, swimming, and yoga for 5-7 days.
- **Resuming Exercise:** After 7 days, you may gradually return to your normal exercise routine.

Compression Stockings:

- Wear medical-grade compression stockings continuously for 3 days post-treatment to support proper healing and improve results.
- We offer high-quality compression stockings for sale for best outcomes.

Sun Protection:

- Avoid tanning or direct sun exposure for 2 weeks post-treatment to reduce the risk of hyperpigmentation and skin damage.
- Apply a broad-spectrum sunscreen (*SPF 30 or higher*) when outdoors.

Managing Discomfort:

- You may take Tylenol (*acetaminophen*) for minor aches or discomfort.
- Avoid NSAIDs (*like ibuprofen or aspirin*) unless otherwise advised by your provider, as they may increase the risk of bruising.

What to Expect:

- Treated veins may appear redder and bruised for approximately 4 weeks following the procedure.
- **Visible Improvement:** Legs may initially look worse before improvement becomes noticeable over 2-3 months.

Follow-Up Appointments:

- Wait at least 3 months between treatments to allow full healing and visible results.

Thank you for trusting us with your aesthetic journey. If you have any questions or concerns, don't hesitate to contact the Pūr Skin Clinic location that you visited for your treatment.

REFINE THE TRUE YOU

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