

THE GROVE SPA

& BOUTIQUE

Vein Therapy Post-Treatment

Please review and follow our pre-treatment care plan. Failure to do so could result in cancellation of your treatment and forfeiture of your deposit. This service can not be performed on anyone who is pregnant or nursing.

Sclerotherapy Post-Treatment

Day of Appointment:

- It is not unusual to have tenderness and bruising at the injection sites in the first 2 to 3 days following treatment. These symptoms can usually be relieved by elevation of the leg(s). Use of a heating pad may help. If necessary, you may take Advil or Tylenol (preferred over aspirin – which may cause increased bruising).
- If you have a compression bandage: The compression bandage applied after injection of large varicosities should be left in place overnight (12 to 24 hours) and may be removed the next morning.

Post Treatment: 2-10 Days

- You may resume normal activities. Avoid strenuous physical activity such as aerobics, jogging, and heavy lifting for the first 2 to 3 days after procedure.
- Avoid prolonged standing or sitting in one position. If you must stand in one place, move your feet or toes frequently or support one foot on a small stool or box.
- DO NOT apply creams or lotions to your legs for 24 hours after treatment.
- Limit sun exposure for 7 to 10 days after treatment.
- Small dark clots may develop in the treated veins. Contact your provider if one of the clotted areas becomes very red, tender, and/or inflamed.

Keep reading for more Post-Care Instructions.



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Vein Therapy Post-Treatment Continued

Laser Vein Therapy Post-Treatment

Day of Appointment:

- Immediately after treatment, there should be mild erythema (redness) and mild edema (swelling) at the treatment site, which may last up to 2 hours, or longer. The erythema may last up to 2-3 days. The treated area will feel like sunburn for a few hours after treatment. Some clients note that their skin feels pleasantly warm after treatment.
- Your provider may use an optional cooling method after treatment to ensure your comfort.

Post-Treatment:

- Your provider will inform you when you may resume the use of your usual skin care products.
- Makeup may be used after the treatment as long as the skin is not irritated.
- Avoid sun exposure to reduce the chance of hyperpigmentation (darker pigmentation).
- Use sunblock (SPF 30+) at all times throughout the course of treatment.
- Avoid picking or scratching the treated skin.
- There are no restrictions on bathing except to treat the skin gently, as if you had sunburn, for the first 24 hours.
- The laser treatment is often performed 4-5 times at monthly intervals for best results. You may notice immediate, as well as longer term improvements in your skin.

Have a question? Call us at 816-834-9100 or email us at clientservices@thegrovespa.com

