

Pre-Treatment Instructions for Cosmetic Sclerotherapy at More Medical Aesthetics & Wellness

- **Consultation:** Ensure you have had a thorough consultation with Arleen More O'Ferrall, NP, to discuss your goals, medical history, and any concerns you may have regarding cosmetic sclerotherapy.
- **Medical History:** Inform Arleen More O'Ferrall about any medical conditions, allergies, medications (including supplements), or previous cosmetic procedures you have undergone.
- **Avoid Blood Thinners:** Refrain from taking blood-thinning medications such as aspirin, ibuprofen, or fish oil for at least one week before the treatment to reduce the risk of bruising.
- **Compression Garments:** You will need to wear compression (20-30MMHG) hose (thigh high or full) for at least 3 days following your treatment to help improve circulation and support vein closure post-treatment.
- **Hydration:** Ensure you are well-hydrated before the treatment, as adequate hydration can aid healing and minimize complications.
- **Avoid Sun Exposure:** Limit sun exposure and use sunscreen with at least SPF 30 on the treated areas to protect your skin and prevent hyperpigmentation.
- **Arrive Prepared:** Arrive at the appointment with comfortable clothing and avoid wearing tight clothing that may compress the treated areas.

Post-Treatment Instructions for Cosmetic Sclerotherapy at More Medical Aesthetics & Wellness

- **Compression Garments:** You will need to wear compression hose (thigh high or full 20-30MMHG) for at least 3 days following your treatment to help improve circulation, reduce swelling, and support vein closure post-treatment.
- **Avoid Strenuous Activity:** Refrain from intense physical activities or heavy lifting for at least 48 hours post-treatment to minimize the risk of complications and promote healing.
- **Avoid Heat:** Avoid hot baths, saunas, or direct sun exposure on the treated areas for at least 48 hours post-treatment to reduce the risk of inflammation or irritation.
- **Gentle Cleansing:** Cleanse the treated areas gently with mild soap and water, avoiding harsh scrubbing or exfoliation for a few days post-treatment.
- **Pain Management:** If necessary, you may use over-the-counter acetaminophen pain reliever.
- **Follow-Up Appointment:** Schedule a follow-up appointment as recommended by Arleen More O'Ferrall to assess the results and address any concerns or questions you may have.
- **Contact Information:** For any questions or concerns after the procedure, contact **Arleen More O'Ferrall at 414-793-9487** or More Medical Aesthetics & Wellness.

By following these pre- and post-treatment instructions, you can help ensure a smooth and successful cosmetic sclerotherapy experience at More Medical Aesthetics & Wellness.