

# Cosmetic Only After Treatment Instructions



## Treatment Prices, Cancellation Policy, and After Treatment Instructions

**Pricing**      **\$600**    **by a Doctor 30 minute Treatment**

**Cancellation Policy for Cosmetic:** If you need to reschedule your treatment, it needs to be done 48 hours in advance. Cancellations/rescheduling/or no showing your appointments on the day of your treatment is very hurtful to our clinic and other patients. It limits others that want to be seen. Patients that “no show” their appointment without notice, can be subject to dismissal of our office for future cosmetic treatments only.

**Each treatment is scheduled and limited to the times above. Please arrive to your appointment 10 minutes early. Treatments start on your scheduled time. If you are late, it could shorten the amount of time for your treatment.**

### After Cosmetic Instructions:

- **Please avoid flying for 48-72 hours and long car trips (>2-3 hours) following procedure**
- **Please let Dr. Eidson and his staff know if you are taking Minocycline.**
- **You may experience bruising, tenderness, swelling after a treatment.** The veins often respond to the sclerosant medication with an inflammatory response.
- **Arnica gel or cream** may be used during your treatment process to speed the healing of bruises. Arnica does not require a prescription and can be purchased at Whole Foods and some local pharmacies.
- **Pain Relief:** Have Motrin/Advil (ibuprofen 200mg- take 3 tablets every 8 hours with food) OR Aleve (naproxen 225mg- take 2 tablets every 12 hours with food) at home. We encourage you to use one of these medications for 3 days after treatment. Please let the doctor or the team know if you are already taking a prescription anti-inflammatory like Celebrex or Mobic.
- **Leg Discomfort:** You should expect some discomfort in your leg during the first 24 hours. You may find that your legs feel tender, achy, or tight. Muscle cramping is also common as well as bruising. You may also develop a red streak or blotching over treated areas. These are normal reactions to the treatment. Other commonly noted symptoms include itching, throbbing, fullness and swelling. These symptoms will be most notable when you get up and may peak 24 hours following a treatment. An ice pack or bag of frozen vegetables wrapped in a paper towel may be helpful when applied to your leg for 10-20 minutes three times a day in the areas where treatment was done.
- **“Trapped blood”** may develop, usually in 2-4 weeks following a treatment session. This occurs when the blood gets caught inside the vein as it closes and heals. This area may feel “bumpy” and tender to the touch. This is an expected side effect with Sclerotherapy. If it causes too much discomfort, it can be easily treated in the office at your next follow-up visit.
- **Limit Exercise:** Please limit exercise to walking on the day of your cosmetic treatment. Running, weightlifting, and other high impact activities may be resumed the next day.
- **Iron Supplements:** Please avoid use of iron containing supplements during the first 4-6 weeks of your treatment.
- **Sunscreen:** Please avoid excessive sun exposure and use sunscreen (SPF>30) regularly.
- **Leg Wraps:** We will wrap your leg with compression bandages and ask that you wear them for 24 hours after treatment. Adjust wraps as needed if they become loose.

**Please do not hesitate to call the office if you are concerned about anything or have any questions.**  
**Some symptoms of a blood clot (DVT and/or PE): Significant pain, swelling and/or redness in the treated leg that limits your walking and hurts all over the calf and/or thigh, fainting, shortness of breath, rapid heart rate, and chest pain. Call Dr. Eidson immediately if you experience any of these symptoms.**

## Office Hours Number: 817-795-8346