



## **Laser Vein Post Treatment Instructions**

-You may use ice packs 3-4 times a day for 15 minutes at a time to alleviate any redness and discomfort. You may also take acetaminophen (Tylenol) for any discomfort

-Care should be taken to prevent any trauma to the treated area(s) for the first 48 hours following your treatment. Do not scratch, rub, or pick the skin over the areas that were treated.

-If the skin is broken or a blister has occurred, apply antibiotic ointment 3 - 4 times daily, until healed (7-10 days). Blistering will heal more attractively if kept lubricated with antibiotic cream. Keep the area clean and covered. Avoid ALL sun exposure to the area. We also ask that you promptly call our office to let us know that you have experienced a blister or crusting.

-Sun block with a minimum of 30 SPF must be worn EVERY DAY. Avoid direct sun exposure for 48 hours. Avoid sun tanning and tanning beds for the durations of your treatments and until your leg veins have completely resolved.

-Avoid any strenuous workouts, hot tubs, hot baths, saunas or spas for 48 hours after treatment.

-Remember that you will still be able to see most of the veins we treated today. The veins that have been treated must now be reabsorbed by your body. That process may actually take many months to be complete, depending upon the size of the veins. The smaller veins tend to fade gradually over 3-4 months, and the larger veins can take up to 6-9 months to disappear. When you return for your follow-up visits, we will be able to determine if any veins will require additional treatment. It is also normal to see a "bruised-like" effect over the larger veins along with a palpable "rope-like" sensation for 3-4 months. This too will gradually fade and disappear.

-Please do not hesitate to contact our office for any questions or concerns.

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