

### **Post-Treatment Vein Instructions**

- 1) Avoid sun exposure and wear SPF 30 or higher for one month after treatment on all treated areas that may be exposed to the sun.
- 2) Cold compresses may be applied to reduce redness and swelling.
- 3) Use support hose 20-30 psi worn continuously for three to five days. (You may purchase these at a medical supply store or pharmacy.)
- 4) Treatment area should be gently washed twice per day with tepid water and mild soap.

**Do Not** Exercise for three days after treatment.

**Do Not** Use alcohol, aspirin, Advil, or any blood thinners for five days.

**Do Not** Take hot showers, baths, use hot tubs or saunas for five days.

### **Expectations:**

- 1) Expect some redness and swelling, which may convert to “cat scratch” scab for 8-12 weeks.
- 2) Leg vein resolution usually takes about 8-12 weeks. At the end of this process, some vessels may be gone while others may be lighter or not affected.

Please call us at the first sign of persistent pain or blistering.