



## Post Vein Removal After Care / Treatment

1. Until sensitivity has completely subsided, avoid all of the following:

- Applying make-up over the treated areas
- Use of scented lotions or soaps, exfoliant creams (Retin-A, glycolic/ salicylic and alpha- hydroxy acids), acne creams or gels, loofa sponges and aggressive scrubbing
- Hot or cold water - wash with tepid water
- Shaving
- Swimming pools and spas with multiple chemicals/chlorine and severe temperature changes
- Activities that cause excessive perspiration

2. A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12 hours after the treatment.

3. Vitamin E or Aloe Vera applied to the treatment area may provide a soothing effect.

4. Post treatment discomfort is typically minimal but if the area is very uncomfortable, oral pain relievers; i.e. Extra Strength Tylenol or Advil, may be used. Avoid Aspirin or Aspirin containing products for two weeks after the treatment.

5. Strictly avoid any sun exposure to the treated area for a minimum of 7 days after the procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sun block with a protection factor of 30+ reapplying the sun block every two hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.