

Laser Vein Post -Treatment Instructions

Post Treatment Response

The laser energy is capable of deep penetration and selective coagulation of blood vessels without damage to the epidermis. Vessels may disappear, darken, lighten or appear unchanged but fade with time, variations depend on the depth, diameter and oxygenation of the vessel. Contraction, disappearance, lightening or darkening of the vessel will become apparent within 15 seconds after the laser treatment. Urticaria may be visible after 1-2 minutes. Erythema (redness) and edema (swelling) may be seen for 4 to 6 hours following the laser treatment. Blistering can occur during the first three days following the laser procedure. Blistered areas should be treated with care, keeping the area moist with an ointment until area has healed. Some patients develop raised papules similar to hives. This irritation usually subsides in a few hours.

Post Treatment Care

Post treatment discomfort may be relieved by acetaminophen or a similar mild analgesic. A cold compress or an ice pack can be used after treatment to provide comfort and is recommended for darker skin types. Apply for about 10 minutes at a time and repeat every few hours if discomfort persists. Shower with cool water on the treatment area.

Avoid sun exposure or tanning lights. A broad spectrum (UVA/UVB) sun block with an SPF of 30 must be applied 15 minutes prior to casual sun exposure. Sunscreen **MUST** be reapplied every 2 hours or after swimming.

Ointment or a moisturizer should be applied to the area to prevent drying and crusting. If crusting develops it should be allowed to fall off naturally (no picking). An antibiotic ointment should be utilized if there is any blistering or break in the skin. Contact the office if there is an indication of infection (redness, tenderness or pus).

Do NOT shave the treated area for 1 to 3 days following treatment.

You doctor may advise you to use compression stockings. Avoid activities that may dilate your vessels, such as aerobic exercise, use of a hot tub or sauna for 48 hours following your treatment. If you must stand on your feet for work, you should schedule your treatments toward the end of the day.

Caution should be used when applying or removing makeup. The treated area is very delicate and should be treated with care. Rough removal of makeup can increase the incidence of post treatment complications

You should schedule a follow up visit at 4 weeks with Dr. Turner.