



LEG VEIN POST-TREATMENT INSTRUCTIONS

- Cool the skin post-treatment. Use the Cynosure Cool Roller™ or cold gel packs with pressure immediately post-treatment. Pressure may help keep the vessel collapsed.
- If crusting occurs, an antibiotic ointment or moisturizing lotion may be recommended.
- Steroid creams may be used after treatment but are not always necessary.
- Mild swelling, bruising and redness typically resolve in one (1) month. Apply ice or gel packs to the treatment area for 10-15 minutes every hour for the next four (4) hours, as needed. An oral, non-steroidal anti-inflammatory medication, such as Advil® or Motrin® may be taken to reduce discomfort. Use medicine according to its manufacturer's recommendations.
- Until redness has resolved, it is recommended to AVOID THE FOLLOWING:
 - Applying cosmetics to treated areas.
 - Swimming, especially in pools with chemicals.
 - Hot tubs, Jacuzzis and saunas. o Activities that cause excessive perspiration.
 - Aggressive scrubbing and use of exfoliants on the treated area.
- Apply a SPF 45 or greater sunscreen to prevent skin color changes.
- When sitting or laying down, elevate the leg within the first twenty-four (24) hours following treatment.
- After leg vein treatment, those treated may wear compression stockings (18-40 mm Hg pressure) during the day for three (3) days following treatment. Compression stockings will help to yield the best results out of a single treatment. Use for five to seven (5-7) days after treatment for blue reticular vessels or venous matting. • Walking will speed the healing process.
- Clients should avoid anticoagulants for one (1) week after treatment.
- No hot baths, hot showers, or vigorous exercise for two (2) weeks.
- Manual relief of any clots may be necessary. A qualified person should consider using an 18 gauge needle to relieve clots.
- Bruising may be observed with reticular vessels, but does not usually occur with telangiectasia.

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- Follow-up treatments should be eight to twelve (8-12) weeks apart. At two to three (2-3) weeks, vessels may appear to return to baseline but usually will resolve over the next six to eight (6-8) weeks.

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