

AFTERCARE – Laser Vein Therapy

Patient response can vary after a laser vein removal treatment. Redness and swelling around the treated vessels are normal and typically have a “cat scratch” like appearance. A sunburn sensation and slight feeling of soreness in the treated area are also normal and expected. These reactions tend to subside within 24-48 hours after the treatment.

After 48 hours, the skin of the treated veins will look red, purple or bruised. Sometimes the veins will appear more visible than they were prior to the treatment. This is normal. Within the first two to three weeks, the redness and purple color will begin to fade. Each week the color continues to fade and the veins become less noticeable. After six weeks, if any veins are still visible, another laser vein removal treatment will be necessary.

1. The area must be treated with gentle care. Do not scratch or pick at the skin. Until sensitivity has completely subsided, avoid all of the following:
 - Use of scented soaps or lotions.
 - Exfoliating creams, loofa sponges and aggressive scrubbing
 - Hot or cold water-use tepid water
 - Shaving of the area
 - Swimming pools or spas
 - Activities that cause excessive perspiration
2. A cold compress/icepack can be used for comfort of the treated area and is typically only needed within the first 12 hours after the treatment.
3. Aloe vera gel or Aquaphor Ointment may be applied to the treatment area for a soothing effect.
4. Rarely is there post treatment discomfort, but Tylenol, Advil or Ibuprofen may be taken if needed. Avoid the use of aspirin for 2 weeks post treatment.
5. In the unusual case of crusting of the skin in the treated area, apply an antibiotic ointment twice a day and do not pick at the area. This will result in infection or scarring.
6. If the skin is broken or a blister appears, apply an antibiotic ointment and call the office. Keep the area moist and cover with a gauze or a band aid to avoid rubbing on clothing.
7. In rare cases, hives have been reported after treatment. If you experience an irritated raised rash contact the office. Benadryl may be taken to relieve the itchiness.
8. To decrease any achiness or discomfort after treatment, support hose or an ace bandage may be helpful.
9. If your treatment included larger vessels, strenuous exercise like running or weight lifting should be avoided for 3-7 days. Your clinician will advise you.
10. Avoid ANY sun exposure to the treated area for at least one-two weeks. The treated area is delicate and more prone to sunburn and hyperpigmentation (darkening of the area)and increases the risk of blistering for up to 3 days post treatment. Keep the area covered.
11. It is common to need subsequent treatments for the best results, usually spaced 6 weeks apart. The number of treatments needed, will depend on the number of vessels present, the character of the vessels and your body’s ability to heal.