

POST-TREATMENT INSTRUCTIONS – Leg Veins

To obtain your best possible results, it is important to care for your skin appropriately after your treatment. Please note the following:

- You should treat your skin as though you have a mild sunburn for the next few days.
- When bathing or washing your skin, be mindful of the heat of the water. Wash when you normally would with a gentle cleanser. You may use a basic moisturizer twice per day – our nurse can recommend a suitable product for you.
- Use ice packs or cold compresses only if your legs feel uncomfortably hot or appear swollen.
- You may notice some darkening of the leg veins after your treatment. This can last for up to six weeks.
- You should avoid sun exposure to the treated area for the first two weeks. When sun exposure is unavoidable, utilize a broad-spectrum sunscreen with a physical block (such as zinc oxide or titanium dioxide) with a minimum SPF of 30, and cover with clothing whenever possible.
- You must avoid weight-bearing activities, such as weight lifting, distance running, and high-impact aerobics for two weeks. Walking and/or swimming are encouraged.
- For the best results, at least three treatments spaced eight weeks apart are recommended.

Please notify the clinic if you experience prolonged redness, excessive swelling/puffiness, or any unusual side effects: **250-595-3888**.