

# Laser Vein Removal Aftercare

Following your recent laser vein removal treatment, the following aftercare instructions will help ensure a smooth and successful healing process.

Please read the instructions carefully and follow them closely.

If you have any questions or concerns, please do not hesitate to contact us.

1. **Keep the treated area clean:** Gently wash the treated area with soap and water and pat dry with a clean towel. Do not use any creams, lotions, or ointments on the treated area unless instructed to do so by your provider.
2. **Avoid sun exposure:** Protect the treated area from direct sun exposure for at least 2 weeks. If you must be in the sun, apply a high-SPF sunscreen and wear protective clothing to cover the treated area.
3. **Avoid hot baths, saunas, and steam rooms:** The heat from these activities can increase swelling and discomfort in the treated area. Take cool showers instead.
4. **Avoid physical activity:** Avoid strenuous physical activity for at least 24 hours after your treatment. This will help reduce swelling and discomfort in the treated area.
5. **Wear compression stockings:** Wear compression stockings as instructed by your provider. This will help reduce swelling and improve blood flow in the treated area.
6. **Report any changes:** If you notice any changes in the treated area, such as increased pain, redness, or swelling, please contact us immediately.
7. **Follow-up appointment:** Speak to your practitioner about a follow-up appointment to assess your healing progress. Please attend this appointment as scheduled.

Thank you for choosing us for your laser vein removal treatment. We wish you a smooth and successful healing process.