



JENNIFER W. PENNOYER, M.D.
Medical & Surgical Dermatology
Laser & Cosmetic Skin Care

1064 Leg Vein Treatment

Post-Treatment Instructions

1. Mild swelling and redness typically resolves in 1 week (bruising may take 6-8 weeks to fully resolve). Apply ice or gel packs to the treatment area for 10-15 minutes every hour for the next 4 hours, as needed. An oral, non-steroidal anti-inflammatory, such as ibuprofen may be taken to reduce discomfort. Use according to manufacturer's recommendations.
2. Until redness has completely resolved, it is recommended to avoid the following:
 - a. Applying cosmetics to treated areas.
 - b. Swimming, especially in pools with chemicals, such as chlorine.
 - c. Activities that cause excessive perspiration.
 - d. Hot tubs, Jacuzzis, and saunas.
 - e. Aggressive scrubbing and use of exfoliants on the treated area.
 - f. Sun exposure to treated areas. Apply a 30 SPF or greater sunscreen to prevent skin color changes.
3. After leg vein treatment, patient may wear compression stockings (20-30mm Hg pressure) overnight for 24 hours and during the day for the next 2 weeks.
 - a. Patients should avoid anticoagulants for 1 week after treatment (be sure to check with prescribing doctor first).
 - b. When sitting or lying down, elevate the leg within the first 24 hours following treatment.
 - c. Walking will speed the healing process.
 - d. No hot baths, hot showers, or vigorous exercise for 2 weeks.
4. You will look bruised tonight and for the next few days. Expect full results in the next 6 weeks. You may need additional treatments. Follow-up treatments should be 8-12 weeks apart.
5. If you have any questions or concerns, please call our office at 860-243-3020.