

CITY MED SPA

SCIENCE MEETS BEAUTY

Vein Laser Treatment Aftercare

What to do after Vascular Laser Treatment

- After treatment, the area may be discolored and swollen. Following this, a blister and/or crust may form which can last 7-14 days. The treated area is extremely delicate and must be handled with care during this time. Your response to treatment may not be apparent for 4 to 6 weeks. At that time, further treatment may be performed to try to obtain additional improvement.
- To prevent or reduce swelling and discomfort, cool water compresses may be applied to the area. These may be applied for 10 minutes of every hour. Do not apply ice directly to the treated area,
- If you feel any discomfort (typically this does not last more than 6 hours), use acetaminophen (Tylenol).
- Use a mild, non-irritating soap such Cetaphil to gently cleanse the treated areas. If a blister or crust has formed, apply Vaseline or Aquaphor healing ointment to the treated area. If the wound is oozing, apply a bandage (nonstick pad with tape); otherwise you may leave it open to the air. Repeat this procedure twice daily.
- Showers are permitted but prolonged hot baths/showers are not advised for 1-2 weeks. Gently pat the treated area dry with a soft cloth. Do not rub a towel or washcloth because the area is extremely delicate while healing.
- Do not rub, scratch or pick the treated area. If a crust develops, let the crust fall off on its own.
- Makeup and moisturizers may be applied as usual if crusting is not present. Otherwise, wait until the crusting has come off. If makeup is applied to cover up the bruising, do not use makeup remover or cleanse harshly while the skin is still healing as this may injure or abrade the treated area. Instead, let the makeup wear off on its own.
- Avoid sunlight exposure to the treated areas. Use a sunscreen with SPF30 or higher for several months following treatment to avoid prolonged redness or pigmentary changes.
- Avoid swimming and contact sports while the skin is healing.