

Patient response can vary after a vein reduction treatment. Erythema (redness) and edema (swelling) around the treated vessels are usually noted within a few minutes after the completion of the procedure and typically have a “cat scratch” or even a bumpy appearance. The treated vessels may look purple or even brown from the coagulation that occurred due to the heat from the procedure. A sun burn sensation and a slight feeling of soreness in the area treated are also normal and expected. These reactions tend to subside within 24-48 hours after the treatment. After 48 hours, the skin over the treated veins will look slightly red, purple, or bruised. Sometimes the veins will be more visible than they were prior to treatment. This is normal. Within the first one to two weeks, the redness and purple color should begin to fade. Each week, the color will become lighter and the veins will become less noticeable. After 2-3 weeks, if any veins are still visible, another treatment will be necessary.

Until sensitivity has completely subsided, avoid all the following:

- Applying make-up over the treated areas
- Use of scented lotions or soaps, exfoliant creams (Retin-A, glycolic/salicylic and alpha- hydroxy acids), acne creams or gels, loofa sponges and aggressive scrubbing
- Hot or cold water - wash with tepid water
- Shaving
- Swimming pools and spas with multiple chemicals/chlorine and severe temperature changes
- Activities that cause excessive perspiration
- Do not scratch or pick at your skin.

A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12 hours after the treatment. Vitamin E or Aloe Vera applied to the treatment area may provide a soothing effect. Post treatment discomfort is typically minimal but if the area is very uncomfortable, oral pain relievers, i.e. Extra Strength Tylenol or Advil, may be used. Avoid Aspirin or Aspirin containing products for two weeks after the treatment.

In the unusual case of crusting of the skin in the treated area, apply an antibiotic ointment twice a day to the affected areas. Do not pick at these areas, as this may result in infection or scarring. If the skin is broken or a blister appears, apply an antibiotic ointment, and contact the office immediately. Keep the affected area moist and avoid direct sunlight. In rare cases, hives have been reported after these treatments. If you experience an irritated raised rash after treatment contact the office. Benadryl may be taken to help relieve the itchiness. To decrease any achiness or discomfort after treatment, support hose or an ace bandage may be helpful, and they may also help in reducing the amount of bruising. The research comparing the use of support hose versus not using support hose demonstrates mixed results. We do recommend using these, however, for 2-3 weeks post procedure. Please get 20-30 mmHg degree of compression for the best results or we have them at RMD for purchase.

Strenuous activities such as significant aerobic exercise or running may interfere with vessel closure and should be avoided for the first 3-7 days following the procedure. Walking is okay.

Strictly avoid any sun exposure to the treated area for a minimum of 7 days after the procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sun block with a protection factor of 30+ reapplying the sun block every two hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.

Subsequent treatments are typically 2-3 weeks apart. The number of treatments needed will depend upon the number of vessels present, the character of the vessels and your body’s ability to heal.