



# Long Pulse YAG Laser Vein Therapy

## Post-Treatment Care

Your skin has undergone a targeted vascular laser treatment. Mild redness, warmth, or sensitivity may occur as the treated vessels gradually collapse and are naturally reabsorbed by the body. Following these guidelines will help support proper healing and optimize your results.



### Days 0-5

1. **Reduce swelling** by applying cold compresses.
2. **Cleanse twice daily.** After washing hands, clean treatment area with tepid water and a mild cleaners such as Cetaphil. Gently pat dry with a clean, soft washcloth.
3. **Apply hydrocortisone to affected area sparingly** twice daily. If skin opens, apply a combination of hydrocortisone and bacitracin.
4. **Apply Merz Aftercare cream** nightly.
5. **Avoid hot showers**, baths, hot tubs or saunas for 5 days
6. **Wear support hose 20-30 psi continuously** for 3-5 days.
7. **Avoid exercise**—and activities that may cause flushing or excessive perspiration including exercise, spicy foods, alcohol, or hot temperature
8. **Avoid direct sun exposure and wear SPF 30** for one month post treatment on all treated areas that may be exposed to sun..



1. **Do not consume alcohol, aspirin, ibuprofen** (Motrin, Advil) or blood thinners for five days.
2. **Do not take hot showers**, baths, hot tubs or saunas for 5 days
3. **Do not perform exercises** and activities that may cause skin flushing or perspiration for five days.
4. **Do not consume alcohol** or spicy foods
5. **Do not expose skin to direct sunlight** until the vein is absorbed.

#### Please note:

Expect some redness and swelling, which may convert to “cat scratch” scab for 8-12 weeks. Do not pick at scabs!

Leg vein resolution usually takes about 8-12 weeks. At the end of this process, some vessels may be gone while others may be lighter or not affected.

### Contact Us if you Experience

- ! Excessive Swelling
- ! Blistering
- ! Signs of Infection
- ! Severe pain not relieved with recommended care

#### Please note:

Healing rates vary by individual. If you have any questions or concerns please contact our office.



845-825-3362