

## HOME CARE INSTRUCTIONS FOLLOWING LASER VEIN TREATMENT

- Plan on walking for up to 30 minutes following your treatment.
- If your practitioner determines you need an ace wrap or support hose, wear while awake for 5-7 days.
- Remove support hose or ace wrap to shower or bathe.
- Avoid activities that cause vasodilatation for at least 48 hours (exercise, hot bath/shower, etc).
- Avoid strenuous physical activities such as high-impact aerobics, running, and weight-lifting for 48-72 hours.
- Keep legs elevated when possible if leg veins were treated.
- Walk as often as possible.
- Avoid standing in a single position for prolonged periods of time.
- Avoid blood-thinning medications for 48-72 hours following treatment.
- 20-30% may get a Hemosiderin stain, a brownish discoloration that can take months to resolve in some cases it can be permanent.
- Be gentle with facial veins and cleanse with cool or tepid water the first 48 hours.
- If you experience any open areas, apply Polysporin Ointment or Bacitracin to the affected area along with a warm compress.
- Please call our office at 703-264-0904 for questions and concerns.