



Laser Spider Vein Treatment After Care Instructions

Maximizing Results — Your After-Treatment Regimen:

- Apply Arnica gel four times a day for two days to help with bruising and encourage overall healing.
- After your laser treatment you should refrain from vigorous exercise for two days, but walking or mild exercise is fine.
- Also very hot baths, showers, and hot tubs should be avoided for two days after treatment.
- Ice during the first 24 hours, 20 minutes on and 20 minutes off helps prevent redness, swelling and bruising.
- Keeping the legs elevated for the first 24 hours is beneficial.
- Sun exposure may cause hyperpigmentation. We recommend you use sunscreen with SPF 50 or higher for two weeks prior and post treatment. Please also avoid tanning beds, spray tans and tanning creams for two weeks prior and post treatment as well.
- You may take Tylenol for pain, but please avoid Aspirin as it can increase swelling and bruising.

Typically after a treatment some redness and swelling are visible. The appearance is very similar to a scratch. Ice and time will help to reduce this redness over the first 48 hours. Some bruising may be visible as part of the healing process. Please go online or call and schedule your next appointment for 6 weeks after your prior visit to allow for sufficient recovery to take place. Smaller veins may only require one treatment, whereas larger, deeper veins may require a series of treatments.

If you have any questions please do not hesitate to call/text Tattoo Undo and Veins Too at (303) 990-0120.