



LASER VEIN THERAPY POST PROCEDURE INSTRUCTIONS

- Immediately After Treatment.
 - It is common to have mild swelling, slight bruising, and or an increase or decrease of skin pigmentation at the site of the treated areas: which usually resolve in one to three days.
 - Apply ice packs if needed after treatment. You may also cleanse your face with a mild cleanser.
- First Few Days.
 - Continue cleansing and moisturizing over the next few days. DO NOT scrub, rub, or use exfoliants.
 - Moisturizer. Remember that peeling and/or flaking is normal during the healing process. Therefore, the moisturizer you use should be non-irritating and non-clogging, or else you could develop breakouts
 - Avoid Heat - hot tubes, saunas, etc.
- First Week of Healing.
 - Avoid smoking, excessive alcohol consumption, excessive exercise, perspiring, swimming, or exposing skin to heat and sun.
 - Skin Care Products. All of your skin care products should be non-irritating and non-clogging for the first week or so after treatment.
 - Do not use abrasive scrubs, toners, or products that contain tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- DAILY SUNSCREEN should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more. Your diligent sunscreen use may lower the risk of laser-induced hyperpigmentation (darkening).
- Resume your normal skin care regimen after about a week when your skin has fully healed