



## Laser Leg Vein Treatment Post Care

### Activity and care of your legs:

- Resume normal activity, vigorous activity is discouraged for 72 hours
- Walking is encouraged, as this increases the blood flow. Please walk for 20 minutes a day for the next 5 days.
- Please wear the support hose for at least 5 days elevate your legs for 3-5 minutes before putting your support hose on
- Caution when shaving your legs not to disrupt any healing.
- Compression of the legs will accelerate healing, reduce swelling, and lessen discomfort
- Keep legs out of sun without SPF 30 and zinc oxide for next 6 months

### Complications, which may occur and what to do:

- Blistering at the treatment sites, which can become open areas. These usually resolve in time. Use antibiotic ointment to these areas twice a day. This can be purchased over the counter at your drug store. **Please call our office if blistering occurs.**
- Hyperpigmentation, a darkening of the skin, frequently occurs at injection sites. This gradually fades over a period of 12 to 18 months
- Tenderness and bruising may occur at injection sites. These will eventually disappear. These symptoms can usually be relieved with elevation of the legs. Use of a heating pad may also help, set at a low temperature setting to prevent burn
- A hard lump could form at the injection site. This may take three to six months to dissolve.