



Vascular Treatment **AFTERCARE**

Thank you for choosing us!

Avoid Sun Exposure:

Stay out of direct sunlight for at least 2 weeks after your treatment. If you must be outside, apply high SPF sunscreen (SPF 30 or higher) to protect your skin from UV damage.

Expect Temporary Redness or Swelling:

Mild redness and swelling in the treated area are common and should subside within a few hours to a few days. You may apply a cold compress to the area for comfort.

Avoid Scratching or Picking:

Do not scratch or pick at any scabs, blisters, or treated areas, as this may lead to scarring or infection.

Avoid Hot Showers or Baths:

Avoid hot water, saunas, or steam rooms for 48 hours after your treatment to minimize irritation.

No Strenuous Exercise:

Refrain from vigorous physical activity or exercise for at least 48 hours following the treatment to prevent irritation or swelling.

Limit Use of Makeup:

Avoid applying makeup to the treated area for at least 24 hours. After that, you may use gentle, non-irritating products.

Stay Hydrated:

Drink plenty of water in the days following your treatment to support the healing process and maintain skin hydration.

Avoid Other Skin Treatments:

Do not undergo other skin treatments like chemical peels, laser treatments, or microdermabrasion for at least 2 weeks after your vascular treatment.

Monitor for Adverse Reactions:

You may experience slight bruising or pigmentation changes (darkening of the treated veins) in the treated area. This is normal and should resolve in 1-2 weeks. However, if you notice severe side effects like persistent swelling, blistering, or pain, contact the clinic immediately.