

## **ND:YAG Spider Vein Removal Aftercare Form**

- Aerobic exercise should be avoided for 24 hours when treated for leg veins.
- You may apply cold packs as needed to reduce swelling.
- For the next 24 hours we recommend a quick warm shower instead of a hot bath.
- You will notice your skin may be slightly reddened and swollen, if a blister appears apply antibiotic ointment and notify the physician.
- Keep the treated area lubricated to prevent crusting or scabbing of tissue.
- Avoid sun exposure 4 weeks pre and post treatment.
- Use total sunblock, SPF 30 daily over the treated area to prevent hyperpigmentary changes in the treated area.
- You may be started on a special cream to reduce post treatment inflammation and prevent pigment changes in your skin, it is important to continue this medication until completion.
- You may apply cosmetics to the treated area as long as there is no break in the skin.
- Mild residual redness or mild burning may occur, but should resolve over next 24-72 hours.
- Notify Dr. O'Shaughnessy or Staff at Eternity Aesthetics if any:
  - Increasing redness or swelling over the treated area
  - Pustule formation
  - Fever
- One can begin to see improvements in the treated area within one week of treatment, but will ideally obtain the greatest benefit with a series of 6 treatments one treatment every 6 weeks.
- If you have any further questions please do not hesitate to call our office at (212) 532- 0002