



Post Treatment Instructions

Spider Vein Treatment

For your safety and in order to obtain optimum results, the instructions below should be followed

- What to Expect After Spider Vein Treatment:
 - o Redness, swelling and bruising may occur in the area of the vessels. These symptoms usually subside in a few to several hours. Bruising typically resolves within one week.
 - o A cool compress placed on the area provides comfort.
 - o Vessels may disappear, darken, lighten or appear unchanged but fade over time.
 - o Most skincare may be resumed immediately after the treatment.
 - ◆ Avoid shaving until sensitivity has completely subsided.
 - o Limited activity is advised for 48 hours, as well as no hot tub, steam or sauna use.
 - o For optimal results compressions stockings should be worn for two weeks for 6 hours per day while awake OR worn consistently for three days approximately 24 hours/ day (with the exception of showering).
 - o Compression stockings should be 15-20 mmHg knee high or thigh high for whole leg treatment. These can be purchased online or locally at Medi-Stop or Komoto Pharmacy.
 - o Elevate the legs when sitting or lying.
 - o Sunscreen (minimum SPF 30) should be used daily.
 - o Subsequent treatments are based upon your clinician's recommendation and are typically between 6 to 8 weeks apart. 3 - 5 treatments may be required.

I have read and understand the above. I have had the opportunity to ask any questions and I have received a copy of these instructions.

Patient Signature

Witness Signature

Date