

SPIDER VEIN INSTRUCTIONS

1. You can resume normal activities except for heavy exercise, prolonged standing, or hot baths or showers (lukewarm water is O.K.) for 24 hours after the treatment. Walk as much as you can however.
2. The areas will look red, welted, and “cat scratch”-like. This will go away in 3-4 days.
3. Some of the areas may bruise. This usually goes away in 1-2 weeks.
4. Some veins may turn darker at first. These areas can be slightly tender. This is nothing to worry about. It is temporary and will go away as the veins are absorbed.
5. Small areas of temporary skin darkening (pigmentation) can sometimes occur.
6. If you experience blisters sores, please call the office.
7. **Do not get discouraged if there is little or even no change in the veins right away.** Please be patient. Some of the veins won't even begin to disappear until after the 2nd or 3rd treatment, and 5-7 treatment sessions are needed for the best results.
8. For any discomfort, take Advil or Extra Strength Tylenol.
9. Return for your follow-up appointment. Be sure to wear a skirt or bring a loose-fitting pair of shorts. Please eat prior to treatment too.
10. If you have any questions or concerns, please call our office.