



Pre & Post Treatment Instructions Leg Vein Treatment

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 per day for the next 5 days.
- Please wear the support hose for at least 14 days and elevate your legs for 3-5 minutes before putting your support hose on.
- Use caution when shaving your legs so as not to disrupt any healing.
- Compression of the legs will accelerate healing, reduce swelling, and lessen discomfort.
- It is highly recommended that clients use a sunscreen with an SPF of 30 or higher containing UVA/UVB protection along with a sun blocker such as zinc and/or titanium dioxide daily if in the sun for at least 6 months following the treatment. **Dr. Lynch recommends SkinBetter Science SunBetter Advanced Mineral Protection sunscreen.**

Complications which may occur and what to do:

- Blistering at the treatment sites, which can become open areas. These usually resolve over time. Use an 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. Application of Arnica gel twice a day will improve the darkening of skin.
- 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 a burn.
- A hard lump could form at the injection site. This may take three to six months to dissolve.

Any questions/ concerns – call our office at 480-800-8346

