



Before and after your laser vein treatment we recommend you adhere to the following recommendations. This will ensure the results of your treatment are optimal and help avoid any unwanted side effects.

PRE TREATMENT CARE

- Avoid excessive sun exposure, tanning and sun beds for 4 weeks prior to treatment. We can not treat you if your skin is darkened since your consultation due to increased risk of burns.
- Avoid applying self tanning gels, creams and moisturisers for 2 weeks prior to treatment.

POST TREATMENT CARE

- Expect your skin to appear pink and warm for a few hours after treatment.
- Expect the treatment area to appear darker or lighter after treatment.
- Apply cold compress to the skin after treatment to relieve heat and discomfort for up to 6 hours after treatment or as advised by your therapist.
- Apply only topical treatments provided or recommended by your therapist for the next 7 days. Avoid active skin care for 7 days.
- Avoid strenuous exercise for 3 days after treatment (heavy exercise may cause the blood vessel to dilate and the treatment may not work).
- Keep the treated area hydrated by applying moisturiser regularly.
- Apply SPF 30+ to your skin for 2 weeks after treatment. We recommend K-ceutic by Dermoceutic, available in clinic or from our online shop.
- Do not exfoliate or rub the skin for 7 days after treatment.
- No swimming for 48 hours after treatment.
- No spray tans or hair removal in the treated area for 7 days after treatment.

POSSIBLE MINOR SIDE EFFECTS

- Minor swelling, redness and feelings of light sunburn, minor contact blisters.

If you are unwell or concerned about any aspect of your treatment, please don't hesitate to contact the clinic so we may advise and support you.