



*Dr. Suzanne Leaf, MD*  
*Cosmetic Medicine*

## VEIN TREATMENT

### Patient Information

#### *Post-Treatment Instructions*

1. Cold gel packs/ice can be applied to reduce discomfort for the laser pulses may be slightly uncomfortable during and immediately after treatment.
2. Tylenol is recommended for any pain, as needed.
3. **AVOID THE SUN** completely after treatment to reduce hyperpigmentation (dark spots).
4. Use a broad spectrum SPF 30+, zinc oxide or titanium dioxide with UV A/B sunblock.
5. Avoid strenuous exercise for 48 hours after treatment (mild exercise such as walking is ok).
6. Wait at least 8-10 weeks before the next treatment as firmness of the vessels (vein) continues throughout the entire treatment.
7. Your leg veins may appear bruised or darker red following treatment. This discolouration will fade over the next few weeks. Brown discolouration may take several months to fade.
8. Consult the office immediately at 519-207-5323 (LEAF) if you experience increased pain, redness, swelling or blistering.