

FACIAL & LEG VEIN LASER TREATMENT

AFTERCARE INSTRUCTIONS

IMMEDIATELY AFTER THE TREATMENT:

- There may be some redness that can last for 1-3 days – Apply cold gel pack or cold compresses (eg gel pole) at home if required.
- There may be some swelling (looks like mosquito bites) that can last up to 48 hours - Apply cold gel pack or cold compresses (eg gel pole) at home if required.
- There may be bruising, which is more common after treatments for broken capillaries and this may last for 1-7 days. If it occurs, avoid medications such as aspirin or nurofen, which are blood-thinning agents and may exacerbate bruising, for 24 hours (if these medications have been advised by your GP please check with your GP before stopping them). Also avoid supplements such as multivitamins, fish oils, glucosamine and Vitamin B or Vitamin E, which are blood thinning agents and may exacerbate bruising for 24 hours (if these supplements have been advised by your GP please check with your GP before stopping them)
- There may be some itching of the skin. Avoid scratching the skin. You can take an antihistamine eg Claratyne to alleviate this irritation, which should settle after 1-3 days.
- You **MUST** avoid sun exposure and solarium treatments for at least 3 weeks after the treatment because the area treated will be more prone to burning and increased pigmentation during this period. Apply a 30+ sunblock frequently and daily for 1-2 weeks after treatment. If your treatment was for broken capillaries, these may return if you continue to expose your skin to sunlight.
- Very rarely, blistering may occur. If this occurs apply cold compresses and cooling gels (Aloe Vera or ASAP Soothing Gel) or specific topical treatments (eg Silvazine Cream – available for your chemist). However, you **MUST** contact the clinic immediately for advice, preferable before applying any topical treatments.

OVER THE NEXT 1-3 DAYS AFTER THE TREATMENT:

- Crusty areas of dead skin may develop where the laser has been fired and this will settle after a few days. You **MUST NOT** pick, scratch or use any exfoliant (gentle exfoliation may be allowed after 3-5 days) as this may damage the new skin and introduce bacteria leading to skin infections. Start to gently exfoliate the skin after 3-5 days to remove the flaky dead skin that commonly forms after treatments.
- Treated broken capillaries may appear darker in the first 1-3 days after treatment and will gradually fade away over the next 4 weeks as the body reabsorbs them.
- Avoid using any skincare that contains AHA, Glycolic Acid, Salicylic Acid or Retinoic Acid (eg Retin A) for 3-5 days.

- It is important to maintain a good skincare routine with frequent hydration or moisturisation on a daily basis (approximately 4 x daily). Use a hydrating gel eg Soothing Gel and/or a moisturiser eg ASAP moisturiser/sunscreen .

If any of these symptoms persist or become worse please contact the clinic for advice Ph (07) 55 933388.

ADDITIONAL RECOMMENDED TREATMENTS & PRODUCTS

Broken veins and redness on face

- Laser Genesis
- Intense Pulsed Light (IPL) treatment
- Ultra Calm Infusion
- Environ Colostrum Gel
- ASAP Soothing Gel
- Environ C Boost and/ or Antioxidant Gel
- ASAP Vit C Serum

Please contact Rejuven8 Cosmetix for a complimentary consultation for further information about any of the above treatments or products.