

Horizons



Wellness

Post Treatment Instructions - Vascular

Post Treatment Care:

- The treatment area is very delicate and should be treated gently. It is common to experience immediate swelling and redness at the treatment site. It is common for the area to feel like a sunburn for a few hours.
- Strenuous exercise should be avoided for the next 24 hours.
- Avoid direct sun exposure to treated areas for 1 to 2 months post treatment and throughout the course of treatment. Always wear a sunscreen with an SPF of 25 or greater that blocks both UVA and UVB rays. Completely cover any areas that have a crust present.
- Avoid any trauma to treatment area such as scratching, picking or rubbing.
- Avoid pools, hot tubs, Jacuzzis, saunas and steam rooms for 5 days.
- You may apply cold compresses or ice packs to the treated site to ease discomfort and swelling.
- You should apply an antibiotic ointment twice daily to blisters, crusted or irritated skin and please call the office.
- You may apply Hydrocortisone cream twice a day for three days as needed for redness, irritation and swelling.
- If you experience any discomfort at the treatment site, you may take a nonaspirin pain reliever.
- You may experience redness and bruising commonly up to 4 weeks after the treatment.

If you have any questions, concerns or unusual reactions please call **Horizons Wellness at 508-807-0634.**