



Lowe Plastic Surgery (LPS)
Post Care: Harmony Leg Vein Treatment

- Most leg veins treated with a laser will require multiple treatments and other approaches such as injections spaced a month apart for the best results.
- ND YAG treatment of leg veins is effective but is associated noticeable discomfort that in most cases requires topical numbing agents and even sedation. Your doctor will talk to you about what regimen is best for you prior to treatment.
- Patients scheduled to undergo lower extremity vein treatment will usually be wrapped after the procedure. It is helpful to wear a large shoe or sandal to go home in after treatment. Patients are asked to wear nonmedical support stockings for 5-7 days after the procedure. More significant veins may require medical support stockings for up to 2 weeks.
- Most patients will experience bruising for at least 7-10 days after laser treatment. Although not typical, you could experience some prolonged redness, crusting or flaking.
- You may use ice or a cool, wet cloth if needed after treatment to cool the skin. It is best to keep wrapped overnight and shower the next day. Ibuprofen or Tylenol may be used for discomfort. Some patients will require stronger pain medication after treatment.
- Keep the area moist with Vaseline or Aquaphor ointment to treated area until inflammation resolves and area is healed.
- Wash treated areas with a gentle cleanser. Wash with **cool** water – avoid hot water for 48 hours post treatment. **DO NOT** scrub your skin!! Standard skin moisturizer may be applied after washing, when inflammation has subsided in about 48 hours.
- Stay out of the sun for at least 4 weeks! If planning to be in the sun, wear sunscreen. ALWAYS use a sunscreen with an SPF of 30 or higher and reapply every 1-2 hours of exposure time.
- After the treated area heals residual brown spots will remain for some time. Scar treatment can be used as recommended. We usually recommend Mederma scar treatment 10 days post treatment for 1-2 months.
- Keep clothing from rubbing the treated area and avoid other irritation on the area. We usually wrap the leg over night for comfort and support. Try to avoid aerobic activities 48 hours following each treatment.
- Puffiness and swelling are common reactions to treatments and should subside within 3 days. If either should continue beyond 3 days, we can prescribe an anti-inflammatory medication to speed up the healing process.
- Notify us should you have prolonged redness, excessive puffiness, or signs of infection.

If you have any questions or concerns regarding your treatment,
Do not hesitate to call us at 942-4300