

What do I need to do after the vein treatment?

- Laser only

If you had laser treatment only, the surgeon will apply a compression stocking to your leg at the end of the procedure. You will need to wear the stocking regularly day and night for 14 days. Following this period you need to wear the stockings for 4 weeks during the day time only or when you are up and about.

- Laser and avulsions (removal of veins)

If you have had laser treatment and avulsions your surgeon will apply a compression bandage to the leg. You will need to take this bandage off after 24 -48 hours. You will have been measured and given a compression stocking by the clinic staff. You will need to wear the stocking regularly day and night for 14 days. Following this period you need to wear the stockings for 4 weeks during the day time only or when you are up and about.

Paracetamol is ok to take for any pain or discomfort.

Washing – try to avoid getting the treated areas wet whilst bandaged after laser and avulsion after treatment for the first 1-2 days.

You may be able to drive after a week following this procedure.

What is normal?

Bruising and aching or pain in the length of the vein treated. In most cases the pain experienced resolves after a few days but in some patients it can persist for up to 2 weeks.

Brown skin discolouration where the bruising was or thermal injury to neighbouring tissues may last for 4-12 months.

Very rarely you may experience some pins and needles in the leg, which recovers over 3-12 months.

What is NOT normal?

If you develop worsening pain or swelling in the treated leg and redness then it is advised to let us know and contact us as there is a possible risk of infection of the leg or deep vein thrombosis (DVT) - or clot formation in the major veins of the leg. Also should you develop any chest pain or shortness of breath for any reason it would be advisable to go to A&E or call 111.

How long before I can resume normal activities?

You should resume normal activity as soon as possible and get up and walk about for at least 15 minutes every few hours even on the first day of treatment.

Best to avoid hot baths and vigorous activity such as gym workouts should be avoided in the first week. You will be given a short course of painkillers to reduce any discomfort following treatment. Pain and discomfort for most patients are minimal and usually improve within a few days, but can last for longer. Flying and excessively long journeys should be avoided for the first four weeks due to a slightly increased risk of deep vein thrombosis (DVT).

CONTACT INFORMATION

For more any advice please contact info@cosmedics.co.uk or call us on 0207 3860464. If the matter is urgent or you are concerned then please contact Mr Sridhar on 07729398630.

Some other treatments that may be of interest:

- Removal of moles/skin tags/warts/cysts
- Botox for younger looking skin
- Facial fillers to reduce/get rid of deeper lines
- Laser treatment for sun damage
- Tixel skin rejuvenation