

## What happens after the procedure?

You will have your leg bandaged and a compression stocking applied. The bandage can usually be removed after 24-48 hours and maybe a bit messy and gentle washing of these areas is fine.

Stockings should then (normally Class 2, either can get from chemist or supplied by us) be worn continuously for another 4 weeks (i.e. a month in total). You may need another scan of your leg, six to eight weeks after the procedure and you may also need some top up injections.

Paracetamol is ok to take for any pain or discomfort.

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

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

## How soon will I be back to normal?

You should be guided by how you feel. Your leg may feel sore for a day or two following your procedure. It is important that you remain mobile after your procedure. You should walk as much as you can. Please go for a brisk 15 minute walk immediately after your treatment. Thereafter, please walk about for at least 5-10 minutes each and every hour (that you are awake) for the first 24 hours (5-10 minutes is a minimum, there is no upper limit to the amount of walking you can do). When sitting try to keep your leg elevated above your bottom. Try to avoid prolonged standing, kneeling, squatting, bending and avoid vigorous exercise (e.g. jogging, gym work-out, racquet sports etc.) for 4-6 weeks after treatment. If possible try to avoid flying (especially long haul) for 4 - 6 weeks afterwards.

Try to avoid very hot water as it will increase the blood flow to your skin and may increase bruising and reduce the effectiveness of the treatment. Most patients feel able to return to work in 2 weeks although this will depend on how you feel.

## Things that are normal

Some mild discomfort / pain / mild itching for the first few days. Can take simple paracetamol for this.

Bruising is normal for the first few weeks.

Brown stains can remain in the injected areas for weeks to months and will gradually fade with time. It is important not to sunbathe whilst they still have some pigmentation.

The areas can remain lumpy for 3-4 months afterwards and firm massage with bio oil or moisturizer will help soften these.

## Things that are NOT normal

Severe swelling and or worsening pain on the treated leg could potentially mean the development of a DVT (deep vein thrombosis) although this risk is very low or potentially infection if there is redness that is spreading. If this happens please call us for advice.

Also if you develop any unexpected shortness of breath or chest pain this could be related to a clot in the leg and must get immediate medical help and best to go to A&E or call 111.

## CONTACT INFORMATION

For more any advice please contact [info@cosmedics.co.uk](mailto: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