Thread Veins, Leg Veins and Rosacea

Before and after your treatment

This advice applies to thread vein removal, leg vein removal and rosacea treatment. Please read it before your appointment and keep it for after your treatment. Before your first full session we carry out a patch test. Afterwards, make a note of any redness, swelling or discomfort and how long it lasts, and tell us if the skin blisters or feels very hot.

Before your treatment

- Come with the area clean: no make-up, perfume, deodorant, or body or face creams.
- No real or fake tan on the area. Sunbeds and prolonged sun exposure are not allowed in the month before treatment, and any tan must fade completely before we can treat.
- Use SPF 30 or higher on the area between treatments.
- Tell us about any change to your medical history, and any medication you take, including anything bought from a chemist or herbalist.
- Arrive in good time, so we can cool the skin first if needed.
- We may charge for an appointment that cannot go ahead because of a tan or fake tan.

After your treatment

- The area may look red and raised and may tingle. This is normal and settles over the next few days.
- If the area still feels hot at home, use a cold flannel or cool pack. Do not put ice or ice packs directly on the skin.
- Occasionally there is swelling or bruising, which can last from one or two days up to one or two weeks. Swelling is usually worst one to two days after treatment. For the face, sleep with your head raised on pillows.
- A bruise may appear on the treated area. It can last up to 15 days, and as it fades it may leave a brown mark that usually goes within one to three months.
- Larger vessels can look darker at first. This can take up to four weeks to clear as the body reabsorbs them.
- Make-up can be applied after several hours if the skin is not sore or broken. Remove it gently, without rubbing.
- For four to five days, avoid strenuous activity, saunas, steam rooms, very hot baths, massage and tight clothing on the area.
- Wash as normal, but take cool showers and pat the skin dry. Keep the area moisturised with a soothing serum. If it feels uncomfortable, treat it as you would sunburn.
- Use SPF 30 or higher on the area between treatments and for at least one month after your last one. Sun on treated skin can cause sunburn and dark patches.
- If the skin blisters, contact us straight away. Keep the area clean and dry, do not pick it, and do not use lotions or creams on open skin.

Any concerns? If you are worried about the treated area, call us on **01554 227543** or message us on WhatsApp on **07437 164988**. We are open Monday to Friday, 10am to 6pm.

This sheet is general advice. Always follow any specific instructions you are given at the clinic.