

Leg Vein Post Care Instructions

Days 1-3

You must wear moderate support hose for the next 72 hours (including to bed) and avoid any exercise or long hours on your feet during the first three days. You must avoid any high impact exercises for the next 7-10 days.

Days 4-10

If blistering or burning occurs (which is normal) she may suggest alternating application of Neosporin and Hydrogen Peroxide two times per day for the next seven days.

If you have activities that require you to be on your feet for long hours you need to continue to wear the compression hose during the day. If you exercise you may resume “light” walking but must wear the support hose during such activity. Again, make sure you have called and spoken to your skin care esthetician for your follow up phone call.

It is very important to follow these instructions and advice of your skin care esthetician to obtain maximum results.