



## **BOULDER PLASTIC SURGERY Prof., L.L.C.**

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## **VEIN INJECTION and YAG LASER POSTOPERATIVE INSTRUCTIONS**

### **CARE OF THE TREATED AREA**

***The treated area may show a reddish/bruised discoloration. This will last 10-14 days, but can be longer. The treated area is very delicate and should be treated with care. Please read and follow these instructions.***

Discomfort or stinging may be evident, but usually lasts no more than a few hours. Tylenol may be taken or ice applied during this period.

If swelling occurs, ice compresses may be applied. To decrease leg swelling, sleep with legs elevated.

Apply **Bacitracin or Polysporin Antibiotic ointment, or a moisturizer** to the treated area **3-4 times a day** as long as the bruising/red discoloration is present. It is important to keep the area moist until healed.

If a crust or scab develops, allow it to fall off on its own. Do not pick at the area. Keep the area moist with antibiotic ointment until the crust falls off.

Do **not scratch or rub** the treated area until any bruising or crusting disappears.

Showers are permitted, but gently pat the area dry. Do not rub with a towel or washcloth as the area is extremely delicate while the bruising/red discoloration is present.

Avoid swimming to reduce skin irritation and infection risk until fully healed.

Avoid exposure to the sun. Apply a sunscreen of SPF 15 or higher to prevent pigmentation changes until the treated area is healed. If the treated area has a scab or tissue changes, cover the area with a dressing while exposed to the sun.

After the red discoloration disappears, hyperpigmentation (brown coloring) or hypopigmentation (white) may be present for up to 3-6 months. This is rare, but if it occurs, use a sunscreen (SPF 15) on the area until the normal color returns.

For best results, avoid rigorous exercise, aerobic exercise, hot tubs, hot sauna, or skin flushing (redness) for 5 days. No alcohol, spicy foods or other vasodilators for 5 days. No aspirin, ibuprofen or anticoagulants for 2 weeks.

Support hose (compression stockings) are recommended for 5 days, and will need to be applied immediately after the injection therapy session. They can be used for 7-14 days to control swelling and for comfort, as needed.

Enjoy lots of walking, treadmill, biking – NON AEROBIC.

When any discoloration/bruising clears, there may be very little initial change in the vascular lesion. Improvement will take place slowly over a period of several months.

If the area becomes tender, reddened or shows signs of infection, please call the office at 303.443.2277.