



Vascular Reduction Post-Treatment Instructions

- ❖ Avoid sun exposure and wear SPF 30 sunblock for one month after treatment on all treated areas that may be exposed to the sun.
- ❖ Cold compresses may be applied to reduce redness and swelling. Please call us at 662.756.4000 or email at northsunflowercosmetics@gmail.com at the first sign of persistent pain or blistering.
- ❖ Use support hose 20-30 psi worn continuously for three to five days. (You may purchase these at a medical supply store or pharmacy.)
- ❖ Treatment area should be gently washed twice per day with tepid water and mild soap.

Do Not:

- ❖ Exercise for three days after treatment.
- ❖ Use alcohol, aspirin, Advil, or any blood thinners for five days unless it is a prescribed medication.
- ❖ Take hot showers, baths, use hot tubs or saunas for five days.

Expectations:

- ❖ Expect some redness and swelling, which may convert to “cat scratch” scab for 8-12 weeks.
- ❖ Vascular resolution usually takes about 8-12 weeks. At the end of this process, some vessels may be gone while others may be lighter or not affected.