

ThermaVein

The area that has been treated will be red and feel warm to the touch immediately after treatment, as it is an inflammatory response. This will usually calm down within the first few days. The treated skin may also start to feel dry and develop a few tiny micro scabs. In the days following treatment, some larger vessels may appear visible. This is normal and the vessels will gradually fade and be broken down by the body.

Although there is little aftercare required following thermocoagulation, there are a few things we recommend.

For the first 48 hours following treatment:

- Avoid wearing makeup (can be worn after 24 hours if necessary)
- Wash the treated area gently, do not scrub or rub the area
- Do not stretch the skin
- Avoid alcohol and spicy food if you are prone to flushed skin
- Avoid excessive exercise or any activities which cause sweating or dilation of the capillaries
- Apply aloe vera gel to the area to help soothe irritated skin

After healing:

- Use a good broad spectrum SPF minimum 30 to protect the skin
- Avoid using sunbeds
- Avoid harsh cleansing, steaming or exfoliation of the skin for the first week
- Use gentle products
- Use tepid water on the face, and when showering and having a bath, use water on a moderate temperature
- Do not stretch or pull the skin for the first week after treatment