



Patient Homecare Rules

Below is a usual occurrence:

Instantaneous disappearance of the red thread veins and other treated vessels. Skin will feel warm but should calm quickly, this can vary due to individual skin type and reaction to treatment. The days following ThermaVein treatment some larger vessels may appear to be visible – this is a normal occurrence; the vessels will gradually fade and be broken down by the body. Some redness, dryness and tiny micro crusts could be present for a few days or longer which is normal. Further treatments can be applied after 28 days. You may require more than one treatment to achieve optimum results. Gentle washing of the skin and the use of good quality mineral make-up is permissible.

For the first 48 hours:

- Do not keep touching treated area
- Wash are gently, no scrubbing or rubbing
- Avoid stretching the skin
- If you are prone to flushing, avoid alcohol and spicy food
- Avoid excessive exercise, nothing to cause sweating or dilation of the capillaries
- Avoid direct sun exposure for a minimum of 48 hours

After Healing has occurred:

- Always protect the skin with a good broad spectrum SPF, all year, harmful UV radiation is ALWAYS present in daylight (no matter what time of year or weather conditions) UVA can penetrate glass, you are therefore not protected in your home, office or car!
- Avoid harsh cleansing, steaming or exfoliation of the skin, gentle effective products are advised. Use tepid water on the face and moderate temperature on the body in baths and showers. Avoid squeezing and pulling the skin.
- **Avoid sunbeds, saunas and steam rooms**