

### **KTP Laser Vein Treatment Post Care Instructions**

- Mild redness, blotchiness and swelling is normal in the treated areas and will subside within the first 48 hours after treatment.
- Smaller vessels may resolve immediately after treatment. Larger vessels may darken immediately but take up to 4 weeks or more, and potentially several treatments, to resolve completely. Although rare, bruising is a normal effect after treatment of larger vessels and may be managed with Arnica (Montana), an oral supplement or topical cream that helps to alleviate bruising and may be purchased at drug stores, health food and nutritional supply stores.
- You may return to your normal activities the same day but try to avoid activities that may increase your heart rate or body temperature or thin your blood (strenuous exercise, hot tubs, aspirin, alcohol, saunas) for 24 hours after treatment, as this may prolong redness and swelling.  
**CONTINUE TAKING PRESCRIPTION BLOOD THINNING MEDICATIONS AS DIRECTED BY YOUR DOCTOR.**
- Gentle moisturizer or Aquaphor ointment may be applied to alleviate dryness or flaking after treatment. You may resume normal skin care product usage after any redness or swelling has resolved. During this time please refrain from using any active ingredient products that have a drying or exfoliating effect. (Retinoids, acne management products, AHA/BHA, etc.)
- Do not rub, scratch, or pick at the treated area. If you experience any blistering, flaking or crusting you may apply Aquaphor ointment over the affected areas.
- Mineral makeup may be applied to cover visible redness and can be applied immediately after treatment, as tolerated.
- Mild to moderate post-procedure tenderness may be relieved with cool packs and Tylenol or Motrin. Oral diphenhydramine (Benadryl) may be taken to help alleviate itching.
- Sun exposure to the treated area may cause temporary hyperpigmentation or prolong redness and swelling. You need to completely protect the area with a broad-spectrum, physical sunblock (SPF 30 or higher).
- Subsequent KTP laser treatments may be scheduled 4 or more weeks after initial treatment, as desired. Please stop using prescription retinoids or any products that have a drying or exfoliating effect for 3 days before your next treatment.
- If you see any worsening or extreme redness, inflammation, discharge, increasing tenderness or have any questions please call us at 651-633-6883 or email [contact@tarendermatology.com](mailto:contact@tarendermatology.com)