

**Your doctor will advise if you need to:**

- Wear class 2 support stockings or tights for 5-7 days post treatment during the day. These can be removed at night and when showering etc. You can purchase these from your chemist or search online [www.daylong.co.uk](http://www.daylong.co.uk)
- No heavy exercise for the first week such as cycling / running.

**What is normal following the treatment:**

- In the first 1-2 days the areas are likely to be sore and itchy. This is normal and indicates that the veins are beginning to be sealed off. You can take paracetamol or antihistamine to reduce the discomfort.
- Over the coming days and up to 2-3 weeks post treatment the veins will look much worse and be blue/black in colour. This indicates that the veins are coming to the end of the healing process.
- Over the next 2 months the veins will dissolve, the bruising will fade to a light brown shade which should eventually disappear.
- As the veins heal it is important in the first 4 weeks to avoid tanning or sun exposure on the treated areas as much as possible and if you are outdoors and it is sunny then please apply SPF50.

In most cases 2-3 repeat sessions are required and we suggest these are done about 2 months apart. We would encourage you to plan the repeat sessions by booking them at the beginning of treatment.