



PRE AND POST CARE INSTRUCTIONS VEINWAVE

Pre Treatment

- Please come to your procedure appointment with your face or legs clean of moisturizer, self-tanning lotion or make-up. These materials can interfere with the treatment process.
- You may choose to take Acetaminophen (up to 1000mg), Ibuprofen (up to 600mg) or Naproxen (220mg) 1 hour prior to your appointment to help minimize discomfort.

Post Treatment

- Ice packs can be used on painful, swollen areas.
- Elevate legs to decrease swelling.
- Ibuprofen or acetaminophen for pain, swelling and redness.
- If your leg veins were treated, wear compression stockings if you are going on your feet for long periods of time or if you have persistent swelling or pain.
- Avoid sun exposure by using SPF 40+ on treated areas.
- The areas treated with Veinwave will be swollen, red, and slightly itchy for the first 24-36 hours.
- Dark micro clots will form over the treated veins after the initial 24-36 hours and will take 3-6 weeks to clear.
- Do not shave the treated area for 7 days after the treatment.
- No self-tanning lotions, spray tans or tanning beds for 7 days after treatment.
- Use Vaseline or Bacitracin 2-3 times a day for the next 2-4 weeks on any sores.

**We want you to be completely happy with your visit to Eterna!
Call the office with any questions or concerns 253.268.3400 or after hours 253.466.5011.**

**If you are pleased with the service you received today, we invite you to post a review on
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