

CoolTouch Varia

What to Expect During and After Your Procedure

During your procedure:

- Your eyes will be protected with metal goggles.
- Topical or injected numbing are not used with this treatment.
- You will feel the sensation of heat (similar to a “rubber band snapping” against your skin).

After your procedure:

- Redness and swelling is to be expected immediately after the treatment. Swelling can vary from no swelling at all to significant swelling and can last from several hours up to a week or longer.
- There is the possibility that one or more of the vein(s) being treated will appear larger and darker for a few days after treatment. This usually subsides within a week but in most patients the vein goes away immediately after treatment.
- The treated area may be sore or tender after treatment. This usually subsides in a few hours but if it persists you can take Tylenol or Ibuprofen.
- If necessary, ice packs applied to treated area the day of procedure will help reduce the heat sensation and help to minimize swelling. Use a handkerchief under the ice pack when applied on the skin.
- Swelling typically peaks at 12-48 hours. If treatment was performed on your face, sleeping with your head slightly elevated for the first night will help minimize swelling.
- It is possible you may get a bruise immediately after the treatment or within 1-2 days after the treatment. If bruising occurs, it can take 3-10 days to resolve.
- Apply sunscreen with Zinc Oxide and/or Titanium Dioxide daily. Protect the treated area from sun exposure (hat, sunglasses, sunscreen, etc.)
- It is okay to shower and/or wash the treated area the day of procedure.
- It is okay to gently cleanse the face, use skin products and make up are fine.
- It is always a possibility that you may not get the desired result after one treatment.

Additional treatments may be necessary to achieve desired results.

- Follow any additional specific post treatment instructions from your physician.
- Follow up with your physician as needed.

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Please contact our office if you have any questions or concerns at (858) 657-1002