

Vein Treatment Pre & Post Instructions

Laser treatment may be used in the removal or lightening of dilated superficial veins. Multiple treatments will be needed to achieve desired results.

Strict adherence to pre and post treatment instructions is required in order to obtain positive and safe results. After reviewing the listed information if you have any additional questions, these should be addressed prior to receiving treatment.

Pre-Treatment Recommendations

- Laser treatments are not safe to perform on tanned skin. Avoid direct sun exposure for 2 weeks before and 2 weeks after your treatment. Tanned skin may increase your risk of hyper-pigmentation (darkening of the skin) or hypo-pigmentation (lightening of the skin) which may be permanent.
- Self-tanning lotions, including gradual moisturizers, should be avoided for a minimum of 2 weeks prior to your appointment and must be completely faded from your skin to avoid risks of burns.
- Please avoid medications and/or supplements that may thin your blood 2 weeks prior to the treatment. This will help minimize bruising after your procedure. This includes: Ibuprofen, naproxen, aspirin, fish oil and red wine.
- Please notify the office PRIOR to your procedure if you are on prescription blood thinning medications.
- You may wish to bring a pair of shorts to wear during your treatment if you are having your legs treated.

Post-Treatment Recommendations

- You can expect the treatment area to be pink and slightly swollen after your treatment. Minor bruising is common and may be covered by makeup 24 hours after your procedure. You may use cold compresses to reduce redness and/or swelling.
- It is common to experience a "cat scratch" like area. This may persist for 8-12 weeks after your treatment.
- Avoid activities that may irritate the skin including working out, hot showers/tubs, saunas, etc for 3-5 days.
- Avoid sun exposure and wear SPF 30+ for one month after treatment on all treated areas that may be exposed to the sun.
- If leg veins have been treated- use support hose 20-30psi continuously for 3-5 days after your treatment.
- Avoid blood thinning medications and/or supplements for 5 days after your procedure.
- Leg veins typically take 8-12 weeks for resolution. Some vessels may fade completely while others may be lighter or not affected. Repeat treatments may be necessary.

Post treatment skin care instructions MUST be followed to prevent any complications. Please contact the office if you experience any blistering or scabbing or have any questions concerning your treatment.