

Pre & Post Laser Vein Treatment Instructions

Pre-Treatment Recommendations:

- Avoid the use of Retin-A, alpha hydroxy acids, or glycolic acid to the treatment area one week prior to treatment.
- Avoid sun exposure and tanning, including self-tanning products, for two weeks prior to each treatment. A sunscreen with SPF 30 or more should be used on any treatment areas exposed to the sun.
- Shave the area to be treated within 24 hours prior to the appointment (if applicable).
- Please inform your treatment provider if you have a history of facial herpetic outbreaks.
- Please inform your treatment provider if you are taking any new medications.
- If you are receiving treatment for vascular lesion on the legs, please purchase 12mm Hg compression stockings or heavy support hose and bring them to your treatment.

Post-Treatment Recommendations:

Patient response can vary after a vein removal treatment. Erythema (redness) and edema (swelling) around the treated vessels are usually noted within a few minutes after the completion of the procedure and typically have a “cat scratch” like appearance. A sun burn sensation and a slight feeling of soreness in the area treated are also normal and expected. These reactions tend to subside within 24-48 hours after the treatment.

After 48 hours, the skin over the treated veins will look slightly red, purple, or bruised. Sometimes the veins will be more visible than they were prior to treatment. This is normal. Within the first two to three weeks, the redness and purple color will begin to fade. Each week, the color will become lighter and the veins will become less noticeable. After six weeks, if any veins are still visible, another laser vein removal treatment will be necessary.

The treated area must be treated with care. **BE GENTLE!** Do not scratch or pick at your skin.

Until sensitivity has completely subsided, avoid all of the following:

- Applying make-up over the treated areas
- Use of scented lotions or soaps, exfoliant creams (Retin-A, glycolic/salicylic and alpha- hydroxy acids), acne creams or gels, loofa sponges and aggressive scrubbing
- Hot or cold water - wash with tepid water o Shaving
- Swimming pools and spas with multiple chemicals/chlorine and severe temperature changes
- Activities that cause excessive perspiration

To assist with vessel closure-avoid the following for **5 days**

- Alcohol
 - Strenuous exercise
 - Hot Tubs/Jacuzzi/Saunas
 - Aspirin greater than 200 mg per day
 - Blood Thinners
 - Long Hot Showers
- A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12 hours after the treatment.
 - Vitamin E or Aloe Vera applied to the treatment area may provide a soothing effect.
 - Post treatment discomfort is typically minimal but if the area is very uncomfortable, oral pain relievers; i.e. Extra Strength Tylenol or Advil, may be used. Avoid Aspirin or Aspirin containing products for two weeks after the treatment.
 - In the unusual case of crusting of the skin in the treated area, apply an antibiotic ointment twice a day to the affected areas. Do not pick at these areas, as this may result in infection or scarring.
 - If the skin is broken or a blister appears, apply an antibiotic ointment and **contact** the office immediately. Keep the affected area moist and avoid direct sunlight.
 - In rare cases, hives have been reported after laser vein removal treatments. If you experience an irritated raised rash after treatment contact the office. Benadryl may be taken to help relieve the itchiness.
 - To decrease any achiness or discomfort after treatment, support hose or an ace bandage **MAY** be helpful, and they may also help in reducing the amount of bruising. If leg veins were treated wearing a support hose with the highest amount of support for 5 days following your treatment will aide in vessel closure. Often, strenuous activities such as exercise, walking or running may interfere with vessel closure.
 - Strictly avoid any sun exposure to the treated area for a minimum of 7 days after the procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sun block with a protection factor of 30+ reapplying the sun block every two hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.
 - Subsequent treatments are based upon your clinician's recommendation and are typically 4-6 weeks apart. The number of treatments needed will depend upon the number of vessels present, the character of the vessels and your body's ability to heal.

If you should have an after hour's emergency, please contact Julie Acarregui @ 208-794-0169.

I have read and received a copy of the Pre & Post Laser Vein Treatment Care Instructions.

Client Signature

DOB **Date**

PURE Representative

Date