



LASER VEIN REMOVAL PRE AND POST TREATMENT CARE

Prior to laser vein removal, you must not be tanning or have sunburn. If you have a dark tan, it is best to let it fade before laser vein removal. Avoid all self-tanners and tanning beds at least three weeks prior to laser vein removal. Stop any electrolysis, waxing, plucking, tweezing, and depilatory use on the treatment area.

Aspirin and all blood thinners should be avoided two weeks before and two weeks after your laser vein removal.

If you have high blood pressure, wait until your blood pressure is under control before undergoing laser vein removal.

If you have a tendency to develop rashes such as eczema, poison ivy dermatitis, contact dermatitis, psoriasis, folliculitis, seborrhea dermatitis, please inform the practitioner prior to laser vein removal.

CONTRAINDICATIONS

- Warts
- Accutane® (Isotretinoin) use within last 12 months to treated area
- Recent surgery (healing wounds)
- Recent chemotherapy or radiation
- Sunburn/Insufficient solar protection
- Suntan –must be at least 2 weeks old. This includes tanning beds and self tanners.
- Active Herpes Simplex (if prone to cold sores, we can prescribe an anti-viral medication)
- Diabetes Type I
- Pregnancy
- Autoimmune diseases
- History of hyper pigmentation or hypo pigmentation
- History of hypertrophic scars or keloids

If you have received laser vein removal on the face or legs, these areas will usually swell for up to 24 hours. Your face or legs may look redder and appear to have small scratches. This usually subsides within 48 hours.

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 and less noticeable. After six weeks, if any veins are still visible, a second laser vein removal will be required.

It is most important that you moisturize the treated area at least four times a day. You cannot over moisturize. Simply apply a light film of either Aquaphor® or Vaseline. We recommend our CU3 Healing kit for post healing. Do not use other moisturizers as they may contain irritating products. Bacitracin and Neosporin® are recommended, unless you have skin sensitivity or allergic reaction to antibiotics. After five days, if the skin has returned to normal, you may use a moisturizer that is dye, perfume, and fragrance free.

If by the second day after treatment your skin appears normal, you may use sunscreen (SPF30 Broad-Spectrum). We recommend our Neova DNA Repair SPF 30 Broad Spectrum. Of course, continue to moisturize several times per day.

Make-up may be applied 24 hours after the laser vein removal as long as there is no inflammation, irritation, or severe redness of the treated areas. If scabbing or crusting occurs, no make-up should be applied until these have cleared.

Working out, aerobic exercise, weight lifting, treadmills, and other strenuous activity should be delayed for 24 hours since perspiration may aggravate the treated area.

Patients should avoid excessive sun exposure for two weeks following laser vein removal. Wear daily SPF to protect area exposure to sun.

If you have any swelling or discomfort in the treatment area, cold packs or cold compresses may be applied.

If you experience any pain, you may use two extra-strength Tylenol or Advil every four hours. Do not use Aspirin or Advil (ibuprofen) for two weeks.

After laser vein removal, you should not do any of the following for two weeks:

- Retin-A® or Renova®
- BOTOX® Cosmetic
- Collagen
- Glycolic products
- Alpha hydroxy acid products
- Electrolysis
- Waxing
- Depilatories
- Masks and facials
- Chemical peels
- Microdermabrasion
- Exfoliating sponges
- Tanning or tanning beds

The following reactions may occur after laser vein removal:

NORMAL

- Pink areas
- Bruising, redness, or swollen lines
- Small amounts of swelling/blistering

ABNORMAL

- Prolonged redness
- Hives
- Rashes
- Extreme swelling