



### **Pre-Treatment Instructions for Laser Vein**

Discontinue medications or supplements that may thin your blood one week prior to your vein treatment. This is to minimize bruising and improve the success of your treatment.

These include:

- Fish oil
- Flax seed oil
- Vitamin E
- Ginko biloba
- NSAIDS (ibuprofen, Motrin, Aleve)
- Red Wine

If you are taking aspirin electively and not upon the request of your physician, please discontinue it 48 hours prior to your appointment. Do not stop aspirin if it is prescribed or recommended by your physician.

Bring a pair of shorts to wear during your treatment if you are having your legs treated.

If leg veins are being treated, there may be minor bruising, discoloration, and welting over the treatment sites. Larger leg veins may appear bruised for a period of time after your treatment. Full results can take weeks or months to be realized. Plan and schedule treatments accordingly, allowing for healing time and time for your treatment results to evolve to completion. The best time to treat leg veins is in the fall, winter, and spring when you are less likely to wear shorts or to be exposed to the sun. If facial veins are being treated, there may be minor bruising and/or swelling following your treatment. While this can usually be covered with makeup, please plan accordingly. Your face may show slight evidence of treatment for a week or more. Plan treatments allowing for a period of no sun exposure, vigorous activity, or use of hot tubs, saunas, or spas for at least 48 hours.

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### **Post-Treatment Instructions for Laser Vein**

You may apply cold compresses or ice packs 3-4 times per day for 10-20 minutes a time to alleviate discomfort or redness. Tylenol may be taken for discomfort if necessary.

Care should be taken to prevent any trauma to the treated area(s) for the first 48 hours following your treatment. Do not scratch, rub, or pick the skin over the treated areas.

If the skin is broken or a blister has occurred, apply antibiotic ointment 3-4 times a day until healed (usually 7-10 days). Blistering will heal more attractively if kept lubricated with antibiotic cream. Keep the area clean and covered. Avoid ALL sun exposure to the area. We also ask that you call the office promptly and let us know that you have experienced a blister or crusting.

Sun block with a minimum of 30 SPF must be worn EVERY DAY. Avoid direct sun exposure for 48 hours. Avoid sun tanning and tanning beds for the duration of your treatments and until your leg veins have completely resolved.

Avoid any strenuous workouts, hot tubs, hot baths, saunas, or spas for 48 hours after your treatment.

Remember that you still will be able to see most of the veins we treated today.

The veins that have been treated must now be reabsorbed by your body. That process may actually take many months to complete, depending upon the size of the veins. When you return for your follow-up visits, we will be able to determine if any veins will require additional treatment.

It is normal to see a bruised-like effect over the larger veins along with a palpable rope-like sensation for 3-4 months.

Please do not hesitate to contact our office if you have any questions or concerns.

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