

Laser Vein Therapy – Pre & Post Care Instructions



BEFORE your treatment:

 **MUST SHAVE** the treatment area prior to appointment. It is best to shave the area as close to your scheduled appointment as possible; shave in the shower as it delivers the closest shave. The closer the shave, the less chance of skin irritation post treatment.

 **USE SUNSCREEN** with an SPF of at least 30 daily. Tanned skin cannot be treated. Sun exposure must be avoided two weeks prior to treatment.

 **AVOID** any irritants on and around the area, such as any products containing Hydroquinone, bleaching creams, Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids or astringents for at least one week prior to treatment.

 **DO NOT** use self-tanning agents for at least two weeks before any treatment. If you have used these products, thoroughly cleanse the area with an abrasive/exfoliating scrub to remove all product two weeks prior to treatment.

 **DO NOT** pluck or wax the area at least one week prior to Laser Vein Therapy. **DO NOT** use bleach or “Nair”-type products on the area for two weeks prior to treatment. This can cause irritation and burns to the skin.

 **MUST NOT** be on any photosensitizing medication (with a warning label against sun exposure). Please inform us if you are taking any new antibiotics or medications, as some may make your skin photosensitive and therefore we may not be able to treat you for 1-2 weeks after completion of antibiotics. Do not take aspirin or other anti-inflammatories (Anacin, Bufferin, Advil/Ibuprofen or Nuprin) one week before and after treatment. Tylenol may be used.

AFTER your treatment:

 **AVOID** excessive sun exposure and tanning beds for at least 24 hours after treatment. Daily sunscreen with an SPF of at least 30 is vital to protecting your new clear, even skin! **AVOID** anything that would increase the heart rate (i.e. hot tubs, saunas, strenuous exercise, excessive heat of any kind, etc.) for at least 48 hours.

 **AVOID** any irritants on and around the area, such as any products containing Hydroquinone, bleaching creams, Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids or astringents for at least one week after your Laser Vein Therapy.

 **DO NOT** pluck or wax the area at least one week after your Laser Vein Therapy. **DO NOT** use bleach or “Nair”-type products on the area for two weeks prior to treatment. This can cause irritation and burns to the skin.

 **EXFOLIATE** and Dry Brush your skin regularly beginning 3 days post treatment.

 **USE** Vitamin K cream to help reduce any bruising that may have occurred post treatment. Arnica Montana 5 tablets may also be used (taken under the tongue) daily to reduce bruising.

 **WEAR** Compression stockings to prevent the recurrence of varicose veins and reduce bruising or discomfort.

NAME: _____ DATE: _____ SIGNATURE: _____

Your referrals are greatly appreciated. We will send you a \$50 gift certificate towards your next treatment for each friend or relative that you refer to us.

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