

Laser Vein Removal Instructions

General Pre-Treatment Instructions:

- If you smoke it would be very beneficial if you could stop at least 2 weeks before and 2 weeks after your procedure. Smoking increase the possibility of poor healing due to compromised circulation.
- Refrain completely from sunbathing for a minimum of two weeks before and one week after. Darkly pigmented skin may absorb a portion of the energy that should be striking the hair follicle, which will impact the desired results. If you should be exposed to strong sunlight for any length of time during your treatment schedule, wear tightly woven fabrics that will protect the treatment area from exposure to the sun.
- Keep in mind that overly dry skin may diminish the efficiency of laser treatments. Please keep the area to be treated and surrounding areas moisturized at all times. However, on the day of treatment, DO NOT use moisturizer or apply oil of any kind to any area that will be treated.
- You will need to purchase a sunscreen with at least an SPF 30 to use after your procedure.

Day of Laser Treatment:

- If you are having a topical anesthetic applied prior to your treatment, please arrive 30 minutes before your scheduled time.
- If facial spider veins are being treated: Women: DO NOT put on any facial makeup, lipstick, or moisturizers after washing. Men: please shave.
- If leg veins are being treated DO NOT apply any lotions or moisturizers the day of treatment and shave the night before.

After your Treatment:

- The treated areas may turn red to dark purple which may last for several days.
- If your legs are being treated you may need to wear compression hose; your nurse will instruct you accordingly. No other bandages or care is necessary.
- Avoid strenuous exercising, heavy lifting, extreme heat and wind including hot baths or showers for 24-48 hours.
- If a blister or crust develops, you should call the clinic, where you will be instructed to apply antibiotic ointment to the area.
- Sunscreens with at least an SPF 30 should be worn daily for protect the skin for the next two weeks. Direct sunlight on the skin should be avoided until the pink discoloration of the skin has completely healed and the skin has returned to normal color.