

## **LASER VEIN THERAPY PRE AND POST TREATMENT**

### **Pre-Treatment Instructions**

- Avoid sun exposure, tanning beds and tanning creams for 2-3 weeks before and after your treatment. Recent sun exposure may result in rescheduling of your treatment.
- Shave the area to be treated 24 hours prior to the treatment
- You should consult with your physician if you have any skin sensitivity
- On the day of the treatment thoroughly cleanse area and remove any makeup, creams or lotions from the area to be treated

### **Post-Treatment Instructions**

- Apply ice packs to the treated areas to alleviate any discomfort or swelling (if needed)
- If blistering occurs contact our office for further instruction
- Take analgesics such as Tylenol or Advil if necessary
- Keep treated area clean and well moisturized with frequent applications of a non-perfumed topical moisturizer, ideally containing an SPF of 30 or greater
- Do not irritate the area with any harsh cleansing agents or mechanically for 1-2 days after treatment
- Keep skin covered or use a broad-spectrum sunscreen of SPF 30 or higher when outdoors
- Avoid heavy exercise that can cause dilatation for 48 hours post treatment.
- Wear compression garments as instructed by physician

### **What to Expect**

- Skin may be slightly swollen, tight and pinkish for the first 3-4 days