

Laser Vein Removal

Pre-Treatment Instructions

1. Skin should be cleaned and shaven prior to every treatment. The use of a topical anesthetic is optional, although rarely necessary.
2. Avoid the sun for at least 2 weeks before treatment. Epidermal melanocytes compete with melanin in the hair.
3. Your provider may ask you to stop any topical medications or skin products 3-5 days prior to treatment.
4. If you have had a history of herpes, your provider may recommend prophylactic antiviral therapy. Follow the directions for your particular antiviral medication.
5. RECENTLY TANNED SKIN CANNOT BE TREATED! If treated within 2 weeks of active (natural sunlight or tanning booth) tanning, you may develop hypo- or hyperpigmentation (light or dark spots) after treatment and this may not clear for 2-3 months or longer.
6. The use of self-tanning skin products must be discontinued one week before treatment. Any residual self-tanner should be removed prior to treatment.

Post-Treatment Instructions

1. It may be helpful to elevate your legs for the first 48 hours. We also recommend wearing support hose for at least 7 days after leg vein treatments. Panty hose with at least 15% or more spandex offers the best support.
2. After your treatment, it is not uncommon for the treated veins to remain visible for 3 to 6 weeks before dissipating. This is due to residual clotted blood in the vessel.
3. In some cases, the treated skin may blister. Do not scratch or open the blister—this could cause permanent scarring and/or infection. Keep the areas clean and apply antibiotic ointment such as Polysporin. Treated correctly, the blister will heal without scarring.
4. A red scab may form under the skin. It may appear for a few weeks and then will be reabsorbed by the body. This is supposed to happen and is a sign of a successful treatment.
5. You can expect treated areas to remain somewhat red and swollen for the first 24 to 48 hours. In some cases, this may last up to 1 week.
6. Brown spots or hemosiderin staining is caused by a release of iron from the re-absorption of veins and can remain for up to 6 months.
7. It is possible to have pain from treatment of larger veins for several days post treatment. Tylenol and/or arnica is recommended for any discomfort.
8. Do not engage in vigorous aerobic activity such as running, hiking, or aerobic exercise for approximately 72 hours post treatment for leg veins and 24 hours post treatment for face veins.
9. Remain out of the sun for two weeks. It is recommended that you use medical grade sun block for any sun exposure.

*In case of emergency - please contact Jamie Spano (owner) at (802) 999-4070.

10. The skin of the treated areas may tend to itch. This is a sign of healing. Keep areas hydrated with moisturizer and apply hydrocortisone cream to itchy areas 3-4 times daily until itchiness subsides.
11. Bruising is another common side effect to laser treatment. Bruising is temporary. Arnica is recommended if you have a tendency to bruise. Arnica helps reduce bruising and eases the soreness of bruising.

If you have any questions or concerns, contact us at (802) 861-2273 or email info@barevt.com.

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