

LASER VEIN REMOVAL PRE- + POST-PROCEDURE PATIENT INSTRUCTIONS

PRE-PROCEDURE INSTRUCTIONS

- Skin should be cleaned and shaven prior to every treatment.
- Avoid the sun for at least 2 weeks before treatment.
- Your provider may ask you to stop any topical medications or skin products 3-5 days prior to treatment.
- If you have had a history of herpes, your provider may recommend prophylactic antiviral therapy. Follow the directions for your particular antiviral medication.
- **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.
- The use of self-tanning skin products must be discontinued two weeks before treatment. Any residual self-tanner should be removed prior to treatment.

POST-PROCEDURE INSTRUCTIONS

- It's best 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.
- After your treatment, it is not uncommon for the treated veins to remain visible for 3-6 weeks before dissipating. This is due to residual clotted blood in the vessel.
- 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 Neosporin. Treated correctly, the blister will heal without scarring.

- 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.
- 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.
- Brown spots or hemosiderin staining is caused by a release of iron from the reabsorption of veins and can remain for up to 6 months.
- 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.
- Do NOT engage in vigorous aerobic activity such as running, hiking, or aerobic exercise for approximately 72 hours post treatment for leg veins and face veins.
- Remain out of the sun for two weeks. It is recommended that you use medical grade sun block for any sun exposure.
- The skin of the treated areas may tend to itch, do not scratch. 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.
- 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.
- Avoid alcohol and caffeine for 3 days after treatment.

Call 802-861-2273 or email info@barevt.com if you have any questions or concerns.

If you have questions or concerns after business hours following a procedure, please call us at **802-861-2273** and push **option 5** to be connected to our answering service. **For a true medical emergency, call 911.**