



Laser/IPL Vein Treatment

Instructions

Pre-treatment Instructions:

- Use SPF30 sunblock on all treatment areas that are sun exposed.
- Tell us if you have taken Accutane in the past six months or are planning to start.
- Tell us of any changes in medical history since your last visit.
- Shave the area to be treated within 12 hours before treatment if necessary. We can shave and prep you at the regular hourly rate. Schedule additional time for prep with the front desk.
- Apply topical anesthetic as directed prior to coming in for your appointment.

Prior to treatments, **Do Not's**:

- Do NOT use aspirin, NSAID's (aspirin, ibuprophen, Naprosyn, Motrin, Alleve, etc.), vitamin E, or supplements containing: angelica root, ginko biloba, garlic, ginger, feverfew, dong quai, chamomile, clove, or licorice for 7 days prior to treatment (garlic, ginger, and clove can be used in normal amounts in cooking).
- Do NOT use tetracycline, vibramycin, erythromycin, Zithromax, or St. John's Wort for 7 days before treatment. These make you photosensitive.
- Do NOT take iron supplements or vitamins containing iron within three weeks of a vein treatment.
- Do NOT drink alcohol 24 hours before treatment.

Post treatment instructions:

- Use SPF30 sunblock on all treated areas **daily** for one month.
- Apply cold compresses or ice if needed to decrease swelling and redness.
- Use ice pack or Hydrocortisone Cream for irritated or red areas. Use Polysporin antibiotic ointment on blisters until it dries. Use Aquaphor ointment after it dries.
- Use support hose 20-30 psi worn continuously for three to five days.
- Leave pressure bandage on for 24-48 hours.
- Gently wash treated areas twice a day with tepid water and mild soap.

Post treatment, **Do Not's**:

- Do NOT exercise for a week after treatment.
- Do NOT use alcohol, aspirin, Advil, or any blood thinners for a week.
- Do NOT take hot showers, baths, use hot tubs, or saunas for a week.

Post treatment expectations:

- Expect some redness, swelling, and increased sensitivity which may then convert to a "cat scratch" scab for 2-3 weeks.
- Leg vein resolution usually takes about 8-12 weeks. Facial vein resolution takes up to 2 weeks. At the end of this process, some vessels may be gone while others may be lighter or not affected.
- Please call us at the first sign of persistent pain or blistering at **949-499-5311**.