



Laser Vein Removal **Pre & Post Care Instructions**

For best results, please follow these instructions.

These instructions are intended for you to obtain the best results from your laser treatment and should be followed closely to avoid hyperpigmentation (dark spots), burning, bruising, swelling, and discomfort. Every patient is different and will respond differently to treatment. Advise the office with any questions or concerns about your treatment.

1. **DO NOT** expose yourself to the sun without at least 30SPF sunscreen. Remember the sun's harmful rays **can** penetrate **THROUGH** clothing.
2. **Avoid the use of** self-tanning agents, spray tans, tanning beds or any other artificial pigment to the skin while undergoing treatment and for at least **3 weeks prior to the first treatment** and throughout your treatments.
3. You must **AVOID any irritants to your skin**, such as any products containing Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids or astringents for **1 week before and after your treatment**.
4. If possible, please do not wear any makeup prior to your treatment.
5. **DO NOT** take aspirin or other anti-inflammatory products (Anacin, Bufferin, Advil, Ibuprofen or Nuprin) for **1 week before & after** treatment. Tylenol may be used.
6. **Support hose or an ace bandage** MAY be helpful and are suggested. It help in reducing the amount of bruising, swelling, and aide in rapid recovery. The research comparing the use of support hose versus not using support hose demonstrates mixed results.
7. Vitamin K cream has been reported to reduce bruising for those who tend to bruise easily. **Arnica Montana** 5 tablets under the tongue daily is a homeopathic remedy utilized to reduce bruising.
8. Ice can be applied, 20 minutes on, 20 minutes off. Swelling will resolve by itself in a few hours. **Bromelain 750 mg** four times per day is a homeopathic remedy utilized to reduce swelling. Do not take on an empty stomach.

Note: Even after the majority of veins have been treated, new spider veins CAN develop. Make an appointment to return for evaluation 3-6 weeks post treatment.

Please call us if you have any questions
618-288-9117