



Laser Vein Treatment Pre and Post Instructions

<PersonallInfo.FullName>

<PersonallInfo.DOB>

Please read and follow all instructions listed below to learn how to prepare for your treatment and receive the best possible results. This procedure has a minimal recovery period depending on treatment level and skin response.

If you have any questions or concerns regarding your treatment or the aftercare, please call (970) 223-0193.
If you have an emergency, please call 911 or visit an emergency room.

- PREPARING FOR YOUR TREATMENT -

Avoid heavy sun exposure and self-tanning products. Tanned skin cannot be treated.

Stop all exfoliating skin care products 1 week prior to your treatment. This includes retinols and exfoliating cleansers/pads.

Avoid Treatments that may irritate the skin, 1-2 weeks prior. This includes waxing, depilatories etc.

Verify your pharmacy is current, pick-up your prescriptions and follow the instructions provided:

Acyclovir (antiviral/for those with a history of cold sores)-
begin 2 days prior to treatment.

*Depending on area being treated, medications may not apply to you.

***Do NOT take over the counter anti-inflammatories such as Aleve (Aspirin), Ibuprofen, Vitamin E or products containing fish oil for 1 Week prior to and following your laser treatment. You may continue to take your prescribed medications.**

Item Checklist

Gentle Facial Cleanser
Sunblock (SPF 50+)

- THE DAY OF YOUR PROCEDURE -

PRIOR TO ARRIVAL

- **Remove all makeup and lotions from face and body.** Area being treated, must be completely clean prior to face prep and numbing application.
- **Wear loose fitting clothing.** Compressions stockings can be purchased if treated leg veins

AFTER TREATMENT IS COMPLETED

- **Avoid bathing or washing with very hot water.**
- **You may feel like you have a mild to moderate sunburn.** Minor crusting or minor peeling of the skin or treated area is not unusual.
- **Improvements can be seen in as few as 1 to 2 treatments.** In some cases, new spider veins may appear and therefore additional treatments may be necessary.
- **Although we encourage you to resume normal activities almost immediately,** we do ask that you refrain from vigorous activities for at least 24 hours and exercise for 2-3 weeks after the treatment.

SUN BLOCK MUST BE WORN EVERY DAY AND REAPPLIED EVERY TWO (2) HOURS,
EVEN WHEN NOT IN DIRECT SUNLIGHT. KEEP SUN EXPOSURE VERY LIMITED FOR THE NEXT 30 DAYS.

