

LASER VEIN TREATMENT PRE & POST TREATMENT MEASURES

The response to treatment and healing process after laser treatments varies with several factors including skin color and location.

PRE TREATMENT MEASURES

- Avoid the sun and excessive tanning or tanning beds for approximately 3 weeks prior to the laser procedure.
- Avoid using lotions or bath oils on treatment areas the night before and the day of the treatment.
- Wear loose fitting clothing and comfortable shoes. You may want to bring loose fitting shorts in place of a patient gown.
- **DO NOT TAKE ASPIRIN PRODUCTS OR PRODUCTS CONTAINING ASPIRIN (ANACIN, BUFFERIN, ADVIL, IBUPROFIN, NUPRIN, VITAMIN E OR PRODUCTS CONTAINING FISH OIL) FOR 14 DAYS PRIOR TO AND FOLLOWING TREATMENT.**
- Do not consume tuna or salmon two weeks prior to treatment as these foods contain large quantities of Vitamin E oil.

POST TREATMENT MEASURES

- Redness and swelling may last 1-3 days – cold packs may be used to reduce any swelling to tenderness for the first 24 hours. Tylenol (not aspirin) can be taken for pain or discomfort if required.
- When showering and washing, gently pat dry and do not rub.
- Avoid any harsh or irritating topicals in treatment area (alpha hydroxyl acids, acne creams, anti wrinkle creams etc).
- Avoid internal and external heat sources, as this may stimulate melanocytes, leading to hyperpigmentation (hot baths, saunas, and extreme exercise).
- Although we encourage resuming 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.
- Some blistering may occur in treatment area. Crusts and scabs may develop but infection is rare after treatment. Just keep wound clean and apply antibiotic ointment.

THINGS TO REMEMBER

- Significant improvement is realized in as few as 1-2 treatments. In some cases new spider veins may appear and therefore additional treatments may be necessary.
- Treatments may occur at 3-6 week intervals.
- Although many patients report little or no discomfort, some may experience a mild stinging sensation only when the laser pulse is delivered.

