



look as young as you feel

### **Laser vein removal pre & post care instructions**

For best results, please follow these instructions

1. To AVOID hyperpigmentation (dark spots) after treatment do not expose yourself to the sun without at least 30SPF sunscreen. Remember the sun's harmful rays **can** penetrate clothing. In addition, **you must 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 three weeks prior to the first treatment.
2. You must avoid any irritants to your skin, such as any products containing Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids or astringents for one week **before and after** your treatment.
3. If possible, please do not wear any makeup prior to your facial treatment.
4. To avoid the opening of the treated veins & significant bruising **do not** take aspirin or other anti-inflammatory products (Anacin, Bufferin, Advil, Ibuprofen or Nuprin) for one week **before & after** treatment. Tylenol may be used.
5. To decrease any achiness or discomfort after treatment, support hose or an ace bandage **MAY** be helpful. It may also help in reducing the amount of bruising. The research comparing the use of support hose versus not using support hose demonstrates mixed results.
6. 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.
7. To decrease swelling, 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 in 6 weeks

Please call us if you have any questions at (303) 471-4711