

Laser Vein Removal: Pre & Post Care Instructions

Before your laser treatment:

1. To avoid hyperpigmentation (dark spots) after treatment do not expose yourself to the sun without sunscreen with SPF 30+, we recommend SPF 50. It is important to protect your skin **before & after** treatment, to avoid complications that occur with sun exposure. Remember the sun's harmful rays can penetrate clothing.
2. For at least 2 weeks, do not use self-tanning agents, including bronzers, spray tans, artificial pigments, self-tanning lotions, or any other artificial pigment to the skin while undergoing treatment. If you have used these products, thoroughly cleanse the area with abrasive/exfoliating scrub daily to remove all pigment two weeks prior to any treatment.
3. For at least 1 week, do not take aspirin or other anti-inflammatory products (Anacin, Bufferin, Advil, Ibuprofen or Nuprin) to avoid significant bruising.
4. Please do not wear any makeup, perfume or lotions on the treatment area prior to your treatment.
5. Before each treatment, please inform us if you are taking any new antibiotics or medications, as they may make your skin photosensitive and therefore we may not be able to treat you for one to two weeks after completion of the antibiotic.

After your laser treatment:

1. To avoid hyperpigmentation (dark pigment) after treatment, do not expose yourself to the sun without a sunscreen with SPF 50, like the one provided with your laser package. It is important to protect your skin before & after treatment, to avoid complications that can occur from sun exposure. Remember, the sun's harmful rays can penetrate clothing.
2. Until initial skin irritation subsides, avoid hot water or anything irritating to the skin.
3. Tylenol may be helpful for any aching sensation. Avoid Ibuprofen, aspirin, Motrin, etc.
4. For at least 48 hours, avoid any irritants to your skin, such as products containing Retin-A, retinol, benzoyl peroxide, glycolic or salicylic acids, astringents or chemical peels.
5. Avoid tight, constricting clothing as irritation can occur due to friction and the skin cannot cool.
6. Do not exercise, receive any body treatments, swim in a pool or the ocean, take hot showers, use saunas or hot tubs, or have significant sun exposure until the skin is back to normal.
7. To decrease any aching or discomfort after treatment, support hose or an ace bandage may be helpful. It may also help in reducing the amount of bruising.
8. To decrease swelling, apply ice, 20 minutes on, 20 minutes off. Swelling will resolve in a few hours.

If you have any questions, please do not hesitate to call the office at (706) 999-9994.