

VASCULAR TREATMENTS

BEFORE AND AFTER CARE

BEFORE YOUR TREATMENT

- Do not wear makeup on the day of treatment
- No sun-tanning or self-tanners 4 weeks prior to treatment
 - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Some medications (like blood thinners) may increase the risk of bruising.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)
- Notify our office with any changes to your health history or medications since your last appointment
- History of herpes or cold sores may require an anti-viral prescription prior to treatment



AFTER YOUR TREATMENT

- Apply ice packs/cool compresses to the treated area for 10 minutes on, then 10 minutes off, as needed, for the first 24 hours
- Avoid alcohol for the first 24 hours
- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage
- Bruising, redness, welts, and swelling are common and resolve with time
- A "bug bite look" is common and usually resolves in 1-2 days
- Avoid heat – hot tubs, saunas, etc. for 1-2 days
- Welts and blisters sometime occur. Use ice for pain. If they are not gone in one week, please contact our office

Skin Care

- For one week after treatment use only gentle cleanser and moisturizer
- Avoid skin irritants for one week post-treatment
 - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- You may resume skincare regime in one week.

Leg vein treatments only

- Compression stockings (20-30 mm/hg) are optional
- Avoid high impact activity 3-5 days
- Hemosiderin staining (brown staining) may occur after treatment and usually resolves with time (can take 1-2 years) but, on a rare occasion, it may be permanent
 - Strict avoidance of sun exposure may decrease the risk of permanent hemosiderin staining
- Large leg veins may take many months to resolve and should not be re-treated before then