



## LEG VEIN AFTERCARE INSTRUCTIONS

### **Pre-Treatment Instructions:**

- Your skin should be completely clean and dry prior to treatment. Remove or omit application of any skin care products on the day of treatment.
- **AVOID THE SUN-** The area to be treated should not be exposed to sun 4-6 weeks prior to treatment. If you are in the sun during this time you should defer treatment until a later time. Treatment of tanned skin may cause blistering or possible hypo-pigmentation which may last for 3-6 months.
- Avoid using tanning creams, spray tans, or any type of temporary pigmented creams prior to treatment.
- Patients who have a darker skin type (**V-VI**) may have an increased risk of hypo-pigmentation (white spots) or hyper-pigmentation (dark spots). Consult your provider
- Patients with a history of the following conditions may not be good candidates for laser treatment and should consult their primary care provider when considering treatment:
  - Diabetic patients or patients with poor circulation
  - Patients who have a history of poor healing
  - Patients who take a blood thinner, such as Coumadin or Aspirin
- Patients who are taking high doses of iron may have an increased risk of hyper-pigmentation.
- Patients typically tolerate this procedure well.
- Using a topical anesthetic may constrict blood vessels and is **NOT** recommended.

### **Post-treatment Instructions:**

- The heat from the laser pulses may be slightly uncomfortable during and immediately following treatment. Cold gel packs/ice can be applied to reduce discomfort.
- You may also apply ice and elevate your legs to decrease discomfort, especially when large areas are treated.
- **Tylenol** is recommended for any pain, as needed.
- **AVOID THE SUN-**completely after treatment to reduce hyper-pigmentation. Use a broad spectrum SPF 30 zinc oxide or titanium dioxide with UVA/UVB sun block.
- Check with your provider about the possibility of using a daily moisturizer.
- Avoid strenuous exercise for 48 hours after treatment. Consult your provider.
- **TEST SPOTS:** Wait 8 weeks to see if the treatment was effective. Your provider will evaluate treatment response or side effects at the follow up visit.
- **FULL TREATMENT:** Wait at least 8 weeks before the next treatment as resolution of the vessels continues throughout this entire period. Your provider may have you wait even longer between treatments.
- Your leg veins may appear bruised or darker red following treatment. This discoloration will fade over the next few weeks. Brown discoloration may take several months to fade.
- Consult the office immediately at **203-810-4151** if you experience increased pain, redness, swelling or blistering. Your provider may recommend the application of a topical antibiotic ointment if blistering occurs.

