



Vascular Pre & Post Care Instructions

Before Your Treatment:

- Do not wear makeup on the day of your treatment
- Excess hair may need to be shaved. Men should be cleanly shaven
- No sun-tanning or self-tanners 4 weeks prior to treatment
 - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)
- Notify clinic with any changes to your health history or medications since your last treatment
- History of herpes or cold sores may require an anti-viral prescription prior to treatment

After Your Treatment:

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage
- Bruising, redness, and swelling may occur and resolve with time
- Avoid heat – hot tubs, saunas, steam rooms, etc. for 48hours
- Avoid skin irritants such as tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc. several days post treatment
- Multiple treatments may be required
- Leg vein treatment only:
 - Avoid high impact activity for 3-5 days. Compression stockings (20-30mmhg) are optional.
 - Hemosiderin staining (brown staining) may occur after treatment and usually resolves with time (1-2 years) but may be permanent on rare occasions. Strict avoidance of sun exposure may decrease risk of permanent hemosiderin staining. Large leg veins may take several months to resolve and should not be retreated before they are healed.
- Notify clinic of any concerns (blistering, excessive redness/swelling, etc.)
- Consult with clinic about when to resume skin care regimen.