

Pre-Treatment

Vein Treatment

1-2 WEEKS BEFORE *and* DAY OF

- **If possible, clients should arrive at appointments with clean skin** in the area to be treated. Lotions, creams, and makeup should be removed before treatment.
 - **It is imperative that clients avoid sun exposure and tanning beds** at least 4 weeks prior to treatment, sunscreen with a minimum SPF of 20 or higher should be applied as a thick layer 30 minutes before sun exposure.
 - **Avoid using any form of self tanning** (sprays, creams, etc.) at least 2 weeks prior to treatment.
 - **Avoid aspirin and ibuprofen** for one week prior to your treatment. Inform the doctor if you are taking blood thinners or regularly take aspirin or ibuprofen.
 - **Avoid alcohol** for 2 days prior to treatment.
 - **Medicated Creams** (examples include *Glycolic, Tretinoin, alpha hydroxy and beta hydroxy (AHA/BHA), hydroquinone, retinol/retinoid, Tazorac, and Differin*) that cause photosensitivity should be stopped at least 2 weeks prior to treatment.
 - **Avoid harsh topical products** such as retinols, AHAs and BHAs, chemical peels, hydroquinone, bleaching creams, Retin-A, salicylic acid, and glycolic acid products for at least 2 weeks before treatment.
 - **Clients using Accutane, Sotret, Claravis, Amnesteem, or similar products must stop** the medication 6 months to one year before receiving laser treatments.
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Post-Treatment

Vein Treatment

- **If possible, do not apply makeup immediately after the treatment.** It is best to allow the skin to rest before putting products on. If needed, apply makeup after swelling has gone down. It is recommended to use a powder mineral foundation to reduce the possibility of infection. Keep the area moist with bacitracin or antibiotic cream for 3 days
- **Avoid direct sunlight and tanning beds** on the treated area to reduce risk of dark or light spots. It is imperative to always use sunscreen with a minimum SPF of 30 or higher that protects against UVA and UVB rays for 4 - 8 weeks after your treatment.
- **Only use gentle skin care products**, such as a mild cleanser. Do not apply lotion unless instructed to by your technician. Skin should be patted dry, NOT rubbed.
- **Do not take a hot bath or hot shower** for at least 48 hours. Tepid showers are fine, as you do not want to overheat the skin while it recovers from the heat and light waves from the treatment. Overheating the skin can reduce the positive effects of the treatment.
- **Avoid strenuous activity or exercise** for at least 48 hours after the treatment.
- **Do not scratch or pick the skin** during recovery. As blemishes or pinpoint scabs surface, leave them be! They will flake off naturally. You do not want to create a scar where a brown spot once lived.
- **Avoid Aspirin, Ibuprofen, alcohol, heavy exertion and activities** which may cause flushing for 2 days after treatment
- **If treating the face**, avoid harsh topical products such as retinols, AHAs and BHAs, chemical peels, hydroquinone, bleaching creams, Retin-A, salicylic acid, and glycolic acid products for at least 2 weeks after treatment. Refrain from tweezing, waxing, or bleaching during the course of the treatment.
- **If treating the legs**, wear compression stockings for 36 - 48 hours afterwards. It is important to wear stockings to enhance the results of the treatment. If swelling of the leg or ankle occurs, this may be due to the tightness of the ace wraps.

★ *Hyperpigmentation (darkening of the skin color) can occur in some skin types. Please call us if you experience this reaction.*

To achieve the best results, complete the full treatment schedule at the intervals recommended by your technician.

Instructions continue on the following page

What to expect after treatment:

- **Skin will likely appear pink** (similar to a mild sunburn) for a few hours after treatment. The reddish coloring will typically dissipate within 24 hours.
- **Applying ice in 15-20 minute intervals** for the first few hours after treatment can help reduce any redness or swelling. Cool towels or aloe vera can also be applied to alleviate discomfort due to heat. Darker toned individuals may experience more discomfort than lighter toned individuals and may require applying aloe vera gel or an antibiotic ointment longer.
- **You may experience bruising** for 5-14 days or longer, depending on individual healing time and severity of the skin concern being treated.
- **Skin may be temperature sensitive** for several days after healing.
- **Brown spots and freckles** will appear slightly more prominent while healing. This is normal and a good sign that the treatment is working.
- **Over the next few days, brown spots and other blemishes** will begin to surface on the skin. The spots may actually raise and look like dark coffee grounds on the skin. These spots will naturally flake off over the following days.
- **It will take 4-6 weeks to see the full result and 2-3 treatments may be required** to achieve an optimum result.

FOLLOW-UP:

Please make an appointment with Lani in 2-3 weeks following your procedure for photos.