



Recommended Pre & Post Care for Vascular Treatments

Before your treatment:

- Do not wear makeup on the day of treatment
- No sun-tanning or self-tanners 4 weeks prior to treatment including spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Some medications or supplements may increase the risk bruising. Consult with your physician
- 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 appointment
- 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) SPF 50 sunscreen to prevent further sun damage
- Bruising, redness 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
- Avoid skin irritants including products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc. a few days post-treatment
- Notify clinic of any concerns (blistering, excessive redness/swelling, etc.)
- 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 a 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 risk of permanent hemosiderin staining
- Large leg veins may take many months to resolve and should not be re-treated before then
- Consult with clinic before resuming a skin care regime.

Additional instructions: _____

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