



## **Pre & Post Care Instructions for Laser Spider Vein Removal**

### **Pre-Treatment Preparation**

- Please inform your provider if you have a history of cold sores, you may require an anti-viral prescription prior to treatment.
- Patients should not be tanned for any laser or light procedures and should not have been exposed to the sun, tanning beds, or used self-tanning products for 4 weeks before the laser procedure.
- Avoid retinoids (Tretinoin, Adapalene, Retin-A, etc.) and products that contain AHA (Glycolic acid), BHA (Salicylic acid), or brightening agents for 5-7 days prior to treatment.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)
- Do not wear makeup on the day of treatment, and excess hair may need to be shaved. Men should be cleanly shaved.
- Notify your provider if there are any changes to your medical history or medications.

### **What to Expect**

Laser spider vein removal is a popular non-invasive treatment that uses focused light energy to collapse the fade small, visible veins.

- No needles or incisions.
- Little to no downtime following treatments
- Precise and targets only the unwanted veins without damaging surrounding skin.
- Some discomfort may be experienced during treatment. Pain may include the feeling of burning, stinging and radiating pain.
- Short term redness (erythema) is common and swelling (edema) of the treated area may occur. An urticarial (hive-like) reaction may occur with smaller vessels.
- Purpura (bruising) is a transient phenomenon that usually resolve with time.
- Skin color changes -During the healing process, there is a slight possibility that the treated area may become either lighter (hypopigmentation) or darker (hyperpigmentation) in color compared to the surrounding skin. This is usually temporary, but, on rare occasion, it may be permanent.

### **Frequency of Treatments & Additional Treatment Options**

- Additional treatment may be needed.
- New spider veins can develop over time, requiring maintenance treatments.

### **Contraindications**

- Within 6 months of use of Isotretinoin (Accutane) and even course completion.
- Pregnancy
- History of keloid scarring
- Photosensitizing medications or supplements



### **Post-Treatment Care**

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent sun damage.
- If using a retinoid or previously mentioned AHAs or BHAs, wait 3 days to resume use.
- Bruising, redness, and swelling may occur and will resolve with time, but notify your provider if concerns arise, (blistering, excessive redness/swelling, etc.)
- Avoid heat, (hot tubs, saunas, etc.) for 1-2 days post treatment.
- Avoid skin irritants a few days post treatment. (e.g: products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc)
- Leg vein treatments only:
  - Compression stockings (20-30mm/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.