

## Facial Vessel Instructions

### Pre-Treatment Instructions:

- Vessels will immediately turn gray, disappear, or in some cases, a slight purplish color can appear. Skin may be swollen or welted for 3-7 days afterward. In areas with intercity vessels or aggressive treatment, blisters can occur. Keep it clean and covered as you would any wound.
- Your skin should be completely clean and closely shaven prior to 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 pigment changes which may last for 3-6 months.
- Avoid using tanning creams, spray tans, or any type of temporary pigmented creams prior to treatment.
- Discontinue Retin A, Differin, Tazorac, and any containing retinol, alpha hydroxy acids, beta hydroxy acids, or benzoyl peroxide 5 days before treatment until skin is no longer irritated.
- Avoid waxing, electrolysis, depilatory creams, laser hair removal and chemical peels in treatment areas 1 week before and after treatment.
- Patients who have a darker skin type (V-VI) may have an increased risk of hypopigmentation (white spots) or hyperpigmentation (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 hyperpigmentation.
- Patients typically tolerate this procedure well.
- Using topical anesthetic is NOT recommended.

### Post-treatment Instructions:

- The heat from the laser pulses may be somewhat uncomfortable during and immediately following treatment. Cold gel packs/ice can be applied to reduce discomfort.
- Tylenol is recommended for any pain, as needed.
- AVOID THE SUN-completely after treatment to reduce hyperpigmentation. Use a broad spectrum SPF 30 zinc oxide or titanium dioxide with UV A/B sun block.
- Avoid hot tubs, saunas, or other activities that could cause flushing of the legs for 3-5 days.
- Avoid strenuous exercise for 48 hours after treatment. Avoid heavy lifting or significant straining for a full week.
- When bathing or showering, clean the areas very gently with mild cleanser and cool water. Avoid excess scrubbing or exfoliants.
- Immediately after the treatment your vessels may appear bruised, swollen or darker colored following treatment. This discoloration will fade over the next couple weeks.
- If your skin blisters, keep the areas clean. Any raw or open blisters should be covered with antibiotic ointment (Bacitracin is preferred).
- Hyperpigmentation over leg veins can occur and take months to resolve. Sun exposure before or after treatment will increase risk of pigment complications.
- Call with any concerns or reactions not described above.
- RESULTS: Wait 6- 8 weeks before the next treatment as resolution of the vessels continues throughout this entire period. After 6-8 weeks the treated vessels should appear thinner, fainter, interrupted (like a dashed line), or be completely gone. At you next treatment we will evaluate the response of your skin and vessels, and will adjust the laser settings if needed.