



Spider Vein Aftercare Instructions

Pre-Treatment Instructions:

- 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.
- 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.
- You may also apply ice and elevate your legs to decrease discomfort, especially when large areas are treated.
- 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.
- For ideal results, wear compression stockings/support hose for a full week. Long term use is helpful for maintaining results. Don't use compression if the skin has any injury or blisters.
- Immediately after the treatment your veins may appear bruised, swollen or darker colored following treatment. This discoloration will fade over the next few weeks. Brown discoloration may take several months to fade.
- 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 veins 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 veins, and will adjust the laser settings if needed.

