



Your Global Skin Specialist

LEG VEINS

Pre-treatment

- ✓ The skin must be “squeaky clean” and dry.
- ✓ Remove or omit application of any skincare products on the day of 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 hypopigmentation 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). Consultation is required!
- ✓ Patients with a history of the following conditions may not be good candidate 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 a topical anesthetic (EMLA) may constrict blood vessels and is **NOT** recommended.



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Post-treatment

- ✓ Use a cool compress post treatment for comfort as the heat from the laser pulses may be slightly uncomfortable.
- ✓ 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. The Patient must wear broad spectrum at least SPF 30 zinc oxide or titanium dioxide with UVA/UVB sunblock to protect the treated area.
- ✓ You may also need a daily moisturizer
- ✓ Avoid exercise or strenuous activity for 48 hours after treatment.
- ✓ We encourage the use of compression or support hose for several days of following treatment.
- ✓ **TEST SPOTS:** Wait 8 weeks so see if the treatment was effective. Your treatment response/side effects will be evaluated at your scheduled follow up visit.
- ✓ **FULL TREATMENT:** Wait at least 8 weeks before the next treatment as resolution of the vessels continues throughout this entire period.
- ✓ Your leg veins may appear bruised or darker red following treatment. This discoloration will fade over the next few weeks. Brown discoloration may take several months to fade.
- ✓ Consult the office immediately if you experience increased pain, redness, swelling, or blistering. A topical antibiotic ointment may be recommended if blistering occurs.