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## Recommended Pre & Post Care for Vascular Treatments

*For best results please follow these instructions*

### Before your treatment:

- Do not wear makeup on the day of treatment
- No sun-tanning or self-tanners 4 weeks prior to treatment
  - Includes 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) 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 (examples below) a few days post-treatment
    - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
  - 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 about when to resume skin care regime.
  - Apply **Arnica Gel** 3x a day to treated area for 1 week. (This can be obtained for purchase in our office, any health stores or whole foods.)
  - Additional instructions: \_\_\_\_\_
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