

Leg Vein Instruction Sheet For Laser Treatment

Pre-Treatment Instructions:

- Your skin should be completely clean and dry prior to treatment. Remove or omit application of any skin care 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). 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 the topical anesthetic such as EMLA / L.M.X.4 may constrict blood vessels and is NOT recommended.

Post-treatment Instructions:

- The heat from the laser pulses may be slightly uncomfortable during and immediately following treatment. Cold gel packs/ice can be applied to reduce discomfort.
- You may also apply ice and elevate you 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 sunblock.
- Check with your provider about the possibility of using a daily moisturizer.
- Avoid strenuous exercise for 48 hours after treatment. Consult your provider.
- Compression stockings may or may not be recommended by your provider.
- TEST SPOTS: Wait 8 weeks to see if the treatment was effective. Your provider will evaluate treatment response or side effects at the 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 provider may have you wait even longer between treatments.
- 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 at 973-763-SKIN (7546) if you experience increased pain, redness, swelling or blistering. Your provider may recommend the application of a topical antibiotic ointment if blistering occurs.