



PRE-TREATMENT INSTRUCTIONS FOR LASER VEIN TREATMENT LONG PULSED YAG

1. Please arrive at your laser appointment with clean, make-up free skin on the area to be treated.
2. Discontinue medications or supplements that may thin your blood one week prior to vein treatments to minimize bruising and improve the success of your treatment. This includes fish oil, flax seed oil, Vitamin E, ginkgo biloba, anti-inflammatory medications (ibuprofen, Motrin, Aleve), and red wine. If you are taking aspirin electively and not upon the advice of your physician, then you may stop it for 48 hours prior to your treatment. Do not stop aspirin if prescribed or recommended by your physician.
3. Inform us of any and all medications (both prescription and over the counter).
4. Inform us of any medical conditions such as pregnancy, breastfeeding, any type of allergy, recent facial treatments, or surgery.
5. You may wish to bring a pair of shorts to wear during your treatment if you are having your legs treated.
6. If facial veins are being treated, there may be minor bruising and/or swelling following treatment. This can typically be covered using make-up. Plan accordingly as your face may show evidence of the laser treatment for a week or more.
7. If leg veins are being treated, there may be minor bruising, discoloration, and welting over treatment sites. Larger leg veins may appear bruised for a period of time after treatment. Full results can take weeks or months to be realized. Plan and schedule treatments accordingly, allowing for healing time and time for your treatment results to evolve to completion.
8. The best time to treat leg veins are in fall, winter and spring when you are less inclined to wear shorts or be exposed to sun.
9. Plan treatments allowing for a period of no sun exposure, vigorous activity or use of hot tubs, saunas or spas for 48 hours after