



## Recommended Pre and Post Care for Vascular Treatments

*For best results please follow these instructions*

### Before your treatment:

- Do not wear makeup day of treatment if receiving laser on the face.
- No sun-tanning or self-tanners 4 weeks prior to treatment.  
(Including spray tans, tanning lotions, tanning beds, sun exposure, etc.)
- Some medications or supplements may increase the risk of bruising. Consult with your physician.
- Cannot be on any antibiotics within 1 week prior to treatment.
- Avoid skin irritants (examples below) 1 week prior to treatment on the treatment area.
  - Products containing tretinoin, retinol, and benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- 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 for 2-3 weeks and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage.
- Redness and swelling are common and usually resolve within 1 week.
- Bruising and swelling are common and usually resolve within 2 months.
- 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, and benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Notify clinic of any concerns (blistering, excessive redness/swelling, etc.)
- Leg vein laser treatment only:
  - Avoid high impact activity for 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