

## **Suggested Vascular and Pigmented Lesion Removal Patient Instructions**

### **PRE-TREATMENT INSTRUCTIONS**

The following instructions will help you achieve the best results from your treatment. Please take a moment to review this information and go over any questions and/or concerns you may have with the provider, consultant, and or laser technician.

Reveal all medical conditions and medications to the consultant and the provider. Certain ones may negatively impact the laser procedure such as pregnancy, history of cold sores, diabetes, history of skin keloids, circulatory problems, and certain medications (i.e., Accutane, anticoagulants).

Two weeks prior to your laser treatment do not use self-tanning lotions and/or tanning booths or sun bathe. (Any patient arriving with a tan or sunburn may be rescheduled for the safety of your skin.)

If having laser vein removal treatment of the legs, please shave the area prior to your appointment.

### **INTRA-TREATMENT CARE**

Please be advised that you may expect a certain degree of discomfort, redness and/or irritation during and after the laser treatment. Taking ibuprofen or acetaminophen prior and after the treatment will decrease your discomfort. If any discomfort and/or irritation persist please notify the clinic. It also helps to elevate your legs (when you are able to) for the first 48 hours.

### **POST-TREATMENT CARE**

After your treatment it is not uncommon for the treated veins to reappear for 3 to 4 weeks before dissipating.

In some cases, the treated skin may blister. Do not scratch or open the blister – this could cause permanent scarring or infection. Keep the areas clean and apply antibiotic ointment such as Bacitracin. (Treated correctly, the blister will heal without scarring.)

A red scab may form under the skin. It may appear for a few weeks and then will be reabsorbed by the body. This is supposed to happen and is a sign of a successful treatment. You can expect treated areas to remain somewhat red and swollen for the first 24 to 48 hours. In some cases, this may last up to 1 week.

Brown spots or hemosiderin staining is caused by a release of iron from the reabsorption of veins and can remain for up to 6 months. This usually occurs with larger veins.

For best results, do not engage in vigorous aerobic activity such as running, hiking or aerobic exercise for approximately 24 - 72 hours post treatment. The use of support or compression stockings is recommended for two weeks following the procedure.

It is advised to remain out of the sun for one week. It is recommended that you use medical grade sun block for sun exposures.

The skin of the treated areas may tend to itch. This is a sign of healing. Keep areas hydrated with moisturizer.

Bruising is another common side effect to laser treatment. Bruising is temporary and will dissipate within a matter of days or weeks depending on your individual healing process.