

Pre & Post Care Instructions for
Laser treatment of Spider Veins & Varicose veins



For best results, please follow these instructions:

1. To AVOID hyperpigmentation (dark spots) after treatment, do not expose yourself to the sun without AT LEAST wearing 30+ SPF sunscreen. Remember, the sun's harmful rays can penetrate clothing. In addition, you must avoid the use of self-tanning agents, spray tans, tanning beds or any other artificial pigment to the skin while undergoing treatment and for at least three weeks prior to the first treatment.
2. You must avoid any irritants to your skin, such as any products containing Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids or astringents for one week before and after your treatment.
3. If possible, please do not wear any makeup prior if you are having a facial treatment.
4. To avoid the opening of the treated veins & significant bruising do not take aspirin or other anti-inflammatory products (Anacin, Bufferin, Advil, Ibuprofen or Nuprin) for one week before & after treatment. Tylenol may be used.
5. To decrease any achiness or discomfort after treatment, support hose or an ace bandage MAY be helpful. It may also help in reducing the amount of bruising. Please note: research comparing the use of support hose compared to not using the support hose after laser vein treatment demonstrates mixed results.
6. Vitamin K cream has been reported to reduce bruising for those who tend to bruise easily. We recommend Arnica Montana 5 tablets under the tongue daily. It is a homeopathic remedy utilized to reduce bruising.
7. To decrease swelling, ice can be applied 20 minutes on, 20 minutes off. Swelling will resolve by itself in a few hours. Bromelain 750 mg four times per day is a homeopathic remedy utilized to reduce swelling. Do not take on an empty stomach.
8. Varicose veins are most often hereditary; compression stockings are recommended for veins around the knees, ankles and legs to prevent them from recurring in new spots.

NAME: _____ DATE: _____

SIGNATURE: _____

Please call us if you have any questions at 778-379-5444

Your referrals are greatly appreciated. We will send you a \$50 gift certificate towards your next treatment for each friend or relative that you refer to us.