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Pre & Post Treatment Instructions

Vascular Lesion Laser Treatment

Before Laser Vein Removal Treatment

- Pre-treat the area with **Alastin Skin Nectar** 2 weeks prior to the procedure.
- Avoid aspirin or other blood thinning drugs (vitamin E, Ginkgo Biloba), ibuprofen, or arthritis medication for fourteen days BEFORE and AFTER treatment. These medications can lead to excessive bruising.
- Avoid alcohol and do not smoke for two days before and after treatment.
- Shave treatment area 1 day prior to your appointment.
- Do not apply lotions to area before appointment.
- You cannot be pregnant or breastfeeding to receive treatment.
- If you develop a fever or other illness before your appointment you must reschedule.
- Remove any make-up from the treatment area.

After Laser Vein Removal Treatment

- Avoid bathing or washing with very hot water. Use tepid water. You may feel like you have a mild to moderate sunburn. Minor crusting or minor peeling of the surface layers of the skin is not unusual.
- Avoid flying for 48 hours after treatment.
- You may resume your normal daily activities immediately, but avoid strenuous aerobic exercise for the first 24 hours after treatment.
- Avoid direct sun exposure after your treatment. If you do go in the sun, protect the treated area with a sunscreen of 30 SPF or higher. The use of sun protection is recommended when going outdoors in order to minimize risk of hyperpigmentation.
- Compression stockings may be worn during the day for up to 3 days following treatment.
- Additional treatments may be required or recommended for desired results.
- Call if you experience any severe reactions such as profound pain, intense itching, redness or fever

Vascular Treatment

The Cutera, Inc. Nd:YAG 1064nm is FDA-cleared for: Coagulation and hemostasis of benign vascular lesions such as: Telangiectasia, Venous lakes, Leg veins, Poikiloderma of Civatte, Hemangiomas, Port-wine Stains, Warts, and scars. This laser treats all skin types.

How it works

The laser light delivers pulses of light energy which causes the blood within the vein to coagulate, eventually destroying the vessel which is later reabsorbed by your body. Blood flow will then be redirected to veins deeper below your skin's surface, where it should be. The laser treats individual veins but new veins may appear due to an underlying disorder.

Prepping the patient

Clean skin removing all make-up, lotions and perfumes. Shave the treatment site if there is excessive hair. No self-tanners for at least 2-4 weeks prior to treatment.

How many treatments are to be expected

Often, one or two treatments are sufficient. However, individual results vary depending on the number, color and size of the vessels being treated.

Treatment intervals

The recommended time interval between treatments is 6 weeks or longer, depending on the rate of clearance. Larger reticular vessels may take months to resolve and should not be re-treated before then.

When results will be seen

Most patients find that the majority of the treated veins have shown significant improvement within 2-6 weeks of treatment. However, your final results may not be apparent for several months.

How the treatment feels

There may be a stinging sensation as the pulses of energy are delivered through the hand piece. Following the treatment, the pain is minimal to nonexistent.

Possible side effects

Commonly noticed side effects are slight reddening and local swelling of the skin. These effects typically last for less than 24hrs. Some patients may experience bruising, and, in rare instances, blistering may occur. When larger veins are treated, a tan or brownish pigment may persist for a few weeks or months following treatment. Patients who have leg vein treatments may be advised to wear support hose for a short period of time.

Restrictions/Post -treatment

Patients generally resume most normal activities immediately. However, it is recommended that you avoid heat for a minimum of 24 hours such as strenuous exercise, hot tubs, saunas, and limit sun exposure. The use of sunscreen is recommended on any treated areas exposed to the sun.

Warning

There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately. Signs of infection include:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater

Below we have outlined our recommended Post Treatment Skin Care Regimen. This regimen aides in a faster, more successful recovery experience. The products in bold may be purchased at our practice, or substituted with OTC products recommended below.

Post Treatment Skin Care Regimen

AM Routine

1. Wash face with either **Jan Marini Gentle Cleanser**; or Cetaphil or Cerave Gentle Cleanser.
2. Apply **Alastin Skin Nectar**.
3. Apply **Jan Marini SPF**, or other post procedure SPF.
4. Apply either **Alastin Soothe and Recover Balm**, or Aquaphor to create barrier.

PM Routine

1. Wash face with either **Jan Marini Gentle Cleanser**; or Cetaphil or Cerave Gentle Cleanser.
2. Apply **Alastin Skin Nectar**.
3. Apply either **Alastin Soothe and Recover Balm**, or Aquaphor to create barrier.

For any questions or concerns, please contact us by phone, or by our online patient platform Klara. If you need to provide additional information such as photos, you may use the attachment button (small paperclip) in the bottom right corner of your app. This will take you directly to your photo gallery of your device.