



Client Pre & Post Care Instructions **Laser Vein Treatment**

Thank you for scheduling your Laser Vein Treatment with Golden Laser Aesthetics. The instructions below must be followed diligently in order to obtain optimum results.

Pre Care Instructions

- The day of treatment avoid applying any lotions, sunscreen, perfume, or other similar cosmetics to the surface of your skin.
- Shave 1 day before your session so that there is no hair outside the skin.
- Avoid extended sun exposure or tanning for 2 week pre & post treatment.
- Clients who have used Accutane within the last 12 months CANNOT have laser vein treatment.
- For clients who have a history of herpes outbreaks in the areas being treated, we recommend a prescribed medication, such as Valtrex, for one week prior to the treatment to help prevent an outbreak. Ask your esthetician for a prescription.
- Discontinue medications or supplements that may thin your blood 1 week prior to vein treatments to minimize bruising and improve the success of your treatment. This includes fish oil, flaxseed 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.
- You may wish to bring a pair of shorts to wear during your treatment if you are having your legs treated.
- There may be minor bruising, discoloration, and wilting over treatment sites. Larger leg veins may appear bruised for a period of time after treatment.
- Full results can take weeks or months. Plan and schedule treatments accordingly, allowing for healing time and time for your treatment results to evolve to completion. The best time to treat veins is in fall, winter and spring when you are less inclined to wear shorts or be exposed to sun.
- Plan treatments allowing for a period of no sun exposure, vigorous activity or use of hot tubs, saunas or spas for 48 hours after treatment.



Post Treatment Expectations

- Darkening or blanching of vein typically occurs and resolves after 2 weeks of treatment.
- Call the office should you experience any blistering.
- Expect some redness and swelling, which may convert to “cat scratch” scab for 8-12 weeks.
- Leg vein resolution usually takes about 8-12 weeks. At the end of this process, some vessels may be gone while others may be lighter or not affected.

Post Care Instructions

- Avoid sun exposure until skin has returned to its normal baseline (no redness or swelling).
- Please call us at the first sign of persistent pain or blistering.
- Wash the treated area gently and pat dry for 3 days after treatment. Do not scrub.
- There are no restrictions on bathing except to treat the skin gently, as if you had sunburn, for the first 24 hours.
- Avoid shaving the area for at least 48 hours post.
- A post-care system is recommended for best outcome and healing. This is customized by your esthetician for best pre and post outcome. A sunblock is a must to ensure safe treatment and best outcome.
 - Recommended post-care products include a mild facial cleanser, high quality SPF 30+(zinc and/or titanium dioxide >10%) and a good moisturizer. Your esthetician will help you determine the best post-care routine for your skin.
- If an open area occurs or if the treatment area is inadvertently picked, an antibiotic ointment, such as Bacitracin, can also be applied.
- Use compression support hose 20-30 psi continuously for three to five days. (You may purchase these at a medical supply store or pharmacy.)
- Do not exercise until three days after treatment or use alcohol, aspirin, Advil, or any blood thinners for five days.
- Do not take hot showers, baths, or use hot tubs or saunas for five days.