



Pre & Post Treatment Instructions Laser Vein Treatments

BEFORE your treatment:

- Avoid sun exposure, self-tanning products and tanning beds for at least two weeks prior to laser treatment. A sunscreen with SPF 20-30 plus zinc oxide or titanium dioxide should be worn throughout the treatments.
- Wear loose clothing.
- Please discontinue the following products two weeks prior to each procedure: Aspirin, Motrin, Aleve, Ibuprofen, Advil, Excedrin, Vitamin E, Ginko, St. John's Wort and any photosensitive drugs such as Tetracycline, Minocycline, Zithromax, Cipro with the permission of your primary care doctor.
- Active skin care products such as Retin A, Retinol, Renova, glycolic acid products, night creams with alpha hydroxy acids should be avoided for 7 days before and 7 days after each treatment. Mild cleansers, toners, moisturizers may be used immediately after treatment.
- You may resume normal daily; vigorous activity is discouraged for 72 hours.

AFTER your Treatment:

- Walking is encouraged, as this increases the blood flow. Please walk for 20 minutes per day for the next 5 days.
- Please wear the support hose for at least 14 days and elevate your legs for 3-5 minutes before putting your support hose on.
- Use caution when shaving your legs so as not to disrupt any healing.
- Compression of the legs will accelerate healing, reduce swelling, and lessen discomfort.
- Apply a broad-spectrum UVA/UVB sunscreen with an SPF of 30 or higher daily to the treated area if in the sun for at least six months following the laser treatment. **Dr. Lynch recommends SkinBetter Science SunBetter Advanced Mineral Protection sunscreen.**
- Take Tylenol per packaging directions as needed for discomfort.
- No shaving over treated area as long as the area is red and/or swollen.
- Avoid all sun exposure, self-tanning products and tanning beds between laser treatments.
- Avoid hot tubs and/or swimming pools while skin is red or swollen as chemicals can cause infection.

Complications which may occur and what to do:

- Blistering at the treatment sites, which can become open areas. These usually resolve over time. Use an antibiotic ointment to these areas twice a day. This can be purchased over the counter at your drug store.
Please call our office if blistering occurs.
- Hyperpigmentation (a darkening of the skin) frequently occurs at treatment sites. This gradually fades over a period of 12 to 18 months. Application of Arnica gel twice a day will improve the darkening of skin.
- Tenderness and bruising may occur at treatment sites. These will eventually disappear. These symptoms can usually be relieved with elevation of the legs. Use of a heating pad may also help, set at a low temperature setting to prevent a burn.
- A hard lump could form at the treatment sites. This may take three to six months to dissolve.

Any questions/ concerns – call our office at 480-800-8346

