Day of Treatment Instructions:

Laser of Face: No facial preparation is necessary. We can remove any make-up and/or lotion at the time of treatment.

Laser for Leg veins: Please avoid any creams or lotions on the day of your treatment.

Discontinue use of Aspirin (Anacin, Bufferin ect.) and Ibuprofen (Motrin, Advil, Aleve ect.) for 5-7 days before the treatment. You may resume immediately following if necessary.

Please arrive 10 -15 minutes early to allow time for photographs and to sign consents. If you need to cancel or reschedule your treatment, please give our office at least 72 hours notice.

Pre-treatment Instructions:

- Use an SPF 30 + to protect the area being treated. Reapply often.
- Please let one of the medical staff know if you have taken Accutane in the past 6 months or if you are beginning to take Accutane.
- Inform the office of any changes in your medical history since your last visit.
- Avoid direct sunlight / sunbathing for two weeks before or during treatment.
- Refrain from using Benzoyl Peroxide, Retin-A, Retinol or any products that contain Alpha Hydroxy Acids (a.k.a. “AHA”) such as glycolic acid, mandelic acid, lactic acid, citric acid.
- Please do not wax, tweeze, have electrolysis, use depilatory or bleaching creams for at least 4 weeks prior to treatment.
- Please do not exfoliate the skin to be treated for a minimum of 48 hours prior to laser treatment.
- Avoid Aspirin, Alcohol, NSAIDS (such as ibuprofen, Naprosyn etc), Ginko, Vitamin E, Fish Oil, St. John’s Wart for 7 days prior to treatment.
- Please discontinue antibiotics (especially Minocycline) at least 7 days prior to laser treatment. If have taken an antibiotic in the past month, please call the office and let them know the name of the medication.

Post Treatment Instructions:
- Expect some redness and swelling, which may convert to a “cat scratch” scab for a minimum of 2-3 weeks (face) and 3-4 weeks (legs).
- Facial vein resolution takes up to 4 weeks. At the end of this process, some vessels may be gone while others may be lighter or not affected.
- Cold compresses may be applied to reduce redness and swelling if needed.
- Tylenol or Ibuprofen can be used as needed immediately following the treatment.
- Hydrocortisone cream or Neosporin with pain relief can be used in the first 48 hours if necessary
- No heavy weight lifting or high impact exercise for two weeks, walking and light exercise is permitted.
- Avoid sun exposure and wear SPF 30+ sun block for one month after treatment on all treated areas that may be exposed to the sun.
- For leg veins, you will be asked to wear 20-30 mmHg compression stockings for 48 hours straight and then, wear them during waking hours for the remainder of the two weeks.
- Pure Aloe Vera gel (no alcohol) kept in the refrigerator and applied cold every couple of hours if the face is hot and flushing.
- Treatment area should be gently washed once per day with tepid water and mild cleanser.
- Do not take hot showers, baths, use hot tubs or saunas for five days. Warm showers are permitted.
- Do not use alcohol, aspirin, Advil or any blood thinners for five days.