

Patient Instructions for Spider Veins

Pre-Treatment Instructions:

1. Your skin should be completely clean and dry prior to treatment.
2. Avoid all tanning methods for 1 week prior to and 1 week following treatment. One may not be a good candidate if too tanned.
3. Avoid using tanning creams, spray tans, or any type of temporary pigmented creams for 1 weeks prior to treatment.
4. Patients with a history of the following conditions may not be good candidates for laser treatment and should consult their primary care provider when considering treatment:
 - a. Diabetic patients or patients with poor circulation.
 - b. Patients who have a history of poor skin healing.
 - c. Patients who take a blood thinner, such as Coumadin or aspirin.

Intra-Treatment Care:

1. A cooling device will be used to minimize discomfort.
2. Protective eyewear will be worn by everyone in the treatment room during the procedure.

Post-treatment Instructions:

1. The heat from the laser pulses may be slightly uncomfortable during and immediately following treatment. Cold gel packs/ice can be applied to reduce discomfort.
2. You may apply ice as needed for the first day, and elevate your legs to decrease discomfort, especially when large areas are treated.
3. **Acetaminophen** is recommended for any pain, as needed.
4. **AVOID THE SUN** for 2 weeks after treatment to avoid skin color changes. Use a broad spectrum (**SPF 30 +**) zinc oxide or titanium dioxide with UVA/B sunblock.
5. **Avoid strenuous exercise, and hot baths/ tubs for 1-2 weeks** after treatment.
6. Wait 6-8 weeks before the next treatment as resolution of the vessels continues throughout this entire period. We may have you wait even longer between treatments.
7. Your leg veins may appear darkened or bruised following treatment. This discoloration will fade over the next few weeks. Brown discoloration may take several months to fade.
8. 2-3 treatments may be needed for optimal results.
 - **Consult the office immediately at 712-1050 if you experience increased pain, redness, swelling or blistering. We may recommend the application of a topical antibiotic ointment if blistering occurs.**