

# Patient Instructions for Spider Veins

## Pre-Treatment Instructions:

1. Your skin should be completely clean and dry prior to treatment. Remove or omit application of any skin care products on the day of treatment.
2. Avoid all tanning methods for 2 weeks prior to and 2 weeks following treatment. Treatment of actively tanned skin (within 2 weeks of sun exposure) may cause blistering or possible pigmentation changes which may last for 3-6 months. 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 2 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 healing
  - c. Patients who take a blood thinner, such as Coumadin or aspirin
5. Patients who are taking high doses of iron may have an increased risk of hyperpigmentation (skin darkening).

## Intra-Treatment Care:

1. The skin is cleaned and shaved or left with one day of new growth.
2. Epidermal melanocytes compete as the target for the 1064nm wavelength with hemoglobin at the target site. The DCD, or cooling device, will be used with the laser to minimize epidermal damage.
3. Safety considerations are important during the laser procedure. 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. At home, you may also apply ice every hour for 20 minutes 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 after treatment to reduce skin color changes. Use a broad spectrum (SPF 30 +) zinc oxide or titanium dioxide with UVA/B sunblock.
5. Avoid strenuous exercise, alcohol and hot tubs for 3-5 days after treatment.
6. TEST SPOTS: Wait 8 weeks to see if the treatment was effective. We will evaluate treatment response or side effects at the follow up visit.
7. FULL TREATMENT: Wait at least 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.
8. Your leg veins may appear bruised or dark red following treatment. This discoloration will fade over the next few weeks. Brown discoloration may take several months to fade.
  - **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.**