

LASER VEIN

2 WEEKS BEFORE YOUR LASER VEIN TREATMENT

Do not tan! Any degree of suntan will make the laser treatment less effective and increase your chances of having adverse effects such as blisters and/or scars. It is absolutely necessary that you protect the area with a sunscreen that blocks UVA and UVB rays (SPF 30+) before going outside. We can recommend a broad-spectrum sunblock for you. Sunburned skin cannot be treated.

1 WEEK BEFORE YOUR TREATMENT

- Please stop using sunless tanning products. If you used a sunless tanning product 1 week before your treatment, please scrub the area twice a day several days before your treatment.
- Avoid any irritant to your skin, such as retinoids (retin-A, Differin, retinol, Tazarac), benzoyl peroxide, glycolic/salicylic acids, astringents or Vitamin C.
- Do not taking any blood thinners or anti-platelet agents such as aspirin, ibuprofen (Motrin), Aleve or Advil to minimize risk of bruising. Tylenol is O.K. Please obtain your doctors approval before stopping any of these medications. Certain vitamins (vitamin E) and herbal supplements (such as Ginseng/Ginko, Garlic, Green Tea, Fish/Flax seed oil, St. Johns wart) can also increase risk of bruising.
- Please inform Dr. Lisa Gulcher or her staff is you are taking any photosensitizing medications such as tetracycline, Accutane or HCTZ (hydrochlorothiazide) as these may increase your risk for burns or scarring.

ONE DAY BEFORE LASER TREATMENT

Individuals with a history of herpes simplex ("cold sores") should start taking oral anti-viral medications if the area around the mouth will be treated.

DAY OF LASER TREATMENT

- Areas to be treated should be clean. Makeup, moisturizers or lotions should be removed with soap or alcohol before treatment.
- If you have facial or body hair in the treatment area, please shave the area either the night before or the morning of your treatment.
- IF RECOMMENDED AT YOUR CONSULTATION, apply a thin layer (do not rub in) of anesthetic cream 1 hour before treatment as directed, and place an occlusive covering (saran wrap) if necessary on the body area to be treated. You may purchase anesthetic (numbing) cream at our cost (\$40).

If you have current herpes/cold sores or infection in the treatment area, please call our office immediately so that we can reschedule your treatment. Dr. Lisa Gulcher will also prescribe an anti-viral medication if you are having facial vein removal to minimize risk of recurrent cold sores.

Please read post-care instructions carefully in order to know what to expect and how to take care of your skin.

WHAT TO EXPECT AFTER YOUR LASER VEIN TREATMENT

The treated area is very delicate and should be treated gently. Many patients develop immediate redness and swelling of the treated area which feels like a sunburn. Occasionally, blisters and crusts may form. Bruising, especially to the lower extremities, is common. Bruising can take several weeks to months to resolve.

COMFORT/CARE MEASURES

- Cold compress (e.g. ice packs) applied immediately after treatment may reduce pain and minimize swelling.
- Wash the treated area with mild soap (Dove, Basis), or Cetaphil daily. If blistering occurs, a topical antibiotic ointment (e.g. Bacitracin or Polysporin) applied twice daily is helpful. A band-aid may help protect a particular area from being irritated by clothing or jewelry.
- If crusts or scabs develop be careful not to scratch or pick the treated area. Allow them to fall off on their own.
- Analgesics such as acetaminophen (Tylenol) may be taken if necessary to reduce discomfort. Additional application of ice or cool compresses in the first 24-36 hours may also be helpful.
- Aloe Vera gel may be applied immediately after your treatment to soothe the skin
- Makeup, sunblock and moisturizers may be applied anytime after treatment.
- Avoid sun exposure and tanning beds. Any degree of suntan can increase your chance of having adverse effects such as hyperpigmentation (brown discoloration). It is absolutely necessary that you protect the area with sunblock that blocks UVA and UVB rays (SPF 30+) when going outdoors (especially if you require future treatments). Do not apply sunless tanning product 1 week before your next treatment.
- Avoid any irritants to your skin such as retinoids (retin-A, Differin, Tazarac, retinol), benzoyl peroxide, glycolic/salicylic acids, astringents or Vitamin C for 1 week after your treatment and 1 week before your next treatment.
- Avoid blood thinners and anti-platelet agents such as aspirin, ibuprofen (Motrin), Aleve and Advil for 1 week after your treatment. Please obtain your doctors permission before stopping these medications. Tylenol is O.K. Also, Fish/Flax seed oil, Vitamin E, Ginko/Ginseng, St. Johns Wart, Green Tea and Garlic should also be avoided for 1 week after your treatment to minimized risk of bruising.
- Auriderm Clearing Gel/Post-Op gel, oral or topical arnica may be used immediately to minimize bruising, swelling and hyperpigmentation.
- Support hose or ace bandage may be used to minimize risk of bruising and swelling.
- Botox and Dermal Fillers (Juvederm, Restylane, Perlane, Radiesse) may be given 1 week after treatment
- Chemical Peels, Microdermabrasion or Facials may be resumed 2 weeks after your treatment.

If you develop any signs or symptoms of infection (increased redness, swelling, pain or drainage) or herpes outbreak, please notify Dr. Lisa Gulcher or her staff immediately (847) 719-2200.

Please schedule your follow-up appointment as recommended by your laser specialist.