

PRIOR TO TREATMENT



Makeup If you are having treatment on your face, do not wear makeup on the day of treatment.



Tanning No sun-tanning or self-tanners 4 weeks prior to treatment. This includes spray tans, tanning lotions, tanning beds, sun exposure, etc.



Medications Some medications or supplements may increase the risk bruising. Consult with your physician



Waxing Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)



Anti-viral Prescription History of herpes or cold sores may require an anti-viral prescription prior to treatment

AFTER YOUR TREATMENT



Sun Exposure Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage



Bruising & Redness Bruising, redness and swelling are common and resolve with time. A "bug bite look" is common and usually resolves in 1-2 days



Avoid Heat You should avoid heat – hot tubs, saunas, etc. for 1-2 days



Avoid Skin Irritants You should avoid skin irritants a few days post-treatment. This include products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.

Leg Vein Treatments Only



Compression Stockings
20-30mm/hg are optional



Avoid High Impact Activity
For 3-5 days



Hemosiderin Staining
(Brown staining) may occur and usually resolves with time (can take 12 months). In some rare cases may be permanent. Strict avoidance of sun exposure may decrease risk of permanent hemosiderin staining .



Large leg veins may take many months to resolve and should not be re-treated before then.

Questions

Consult with clinic about when to resume skin care regime. Feel free to contact with any questions you may have

Concerns

Notify clinic of any concerns (blistering, excessive redness/swelling, etc.)