

Laser Vein Removal

Pretreatment Instructions

Avoid sun exposure or spray tan

Avoid sun exposure or spray tanning for 4 weeks before treatment. Tan skin will have to be treated at lower settings which may reduce the effectiveness of your treatment. Spray tan cannot be treated.

Shaving

Please shave the area to be treated the day before your appointment. Excess hair can increase discomfort during your treatment.

Lotions and deodorant

Please avoid using any lotions, underarm deodorant, or makeup on the areas we will be treating the day of your procedure. If you do need to wear makeup, it can be washed off in the office prior to your treatment.

Skin care

Please stop all retinol and hydroquinone products to the areas scheduled to be treated three days prior to treatment. You may resume 3-5 days after treatment depending on how sensitive your skin feels.

Post Treatment Care

What to expect

Patient response can vary after treatment. Erythema (redness) and edema (swelling) at the treatment site are usually noted within a few minutes and may have a “cat scratch” like appearance. A sunburn sensation and or slight feeling of soreness in the area treated are also normal & expected. These tend to subside within 24-48 hours.

After 48 hours the skin over the treated areas may appear slightly red, purple or bruised. Sometimes the veins will be more visible than they appeared prior to treatment. Within the first two to three weeks, the redness and purple color will begin to fade. Each week the color should become lighter and veins will become less noticeable. After six weeks another laser vein removal treatment may be necessary for any veins that are still visible.

Discomfort

Post-treatment discomfort is typically minimal. If the area is uncomfortable over the counter pain relievers (i.e. Tylenol, Advil, Aleve, etc.) may be used. Avoid Aspirin or Aspirin-containing products for two weeks after treatment.

A cold compress or ice pack can be used to provide comfort for the first 12 hours after treatment if the treated area is feeling especially warm.

Aloe Vera gel or Vitamin E applied to the treatment area may provide a soothing effect to the skin.

Until sensitivity resolves entirely, avoid the following:

- Hot water or severe temperature changes
- Shaving
- The use of scented lotions or soaps, exfoliant creams (Retin-A, glycolic/salicylic and alpha hydroxy acids,) acne creams/gels, loofa sponges or aggressive scrubbing to the treated areas
- Swimming pools or spas containing chemicals/chlorine

Skin care

BE GENTLE to the areas treated. Do not scratch or pick at your skin. This can result in scarring or infection.

Compression

Compression or support hose can be worn for a minimum of 48 hours following treatment to the legs. Compression helps collapse vessels and may improve your outcome. They can also help decrease discomfort and bruising.

Activity

Avoid strenuous activities such as exercise, walking or running for 72 hours after the procedure as the increased blood flow can reduce vessel closure.

Hives

In rare cases, hives have been reported after laser vein removal treatments. If you experience an irritated raised rash after treatment contact our office. Benadryl may be taken to help alleviate itching.

Makeup

Avoid any makeup over the treated area until sensitivity has completely subsided.

Blistering

If the skin is crusted, broken, or you develop blistering, apply an antibiotic ointment and notify our office. Keep the affected area moist and avoid direct sunlight. Do not apply makeup over any blisters.

Sun exposure

Strictly avoid sun exposure to the treated area for a minimum of 7 days after the procedure to reduce the chance of complications. Skin in the areas treated are more prone to sunburn and pigment changes. Keep the areas covered and use a sunblock (SPF 30 or greater) reapplying every 2 hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours after treatment.

Follow-up

Call our office with any questions or concerns you may have after treatment. Subsequent treatments are based upon your clinician's recommendation and are typically 4-6 weeks apart. The number of treatments required will depend upon the number of vessels present, the character of the vessels and your body's ability to heal.

Emergency Contacts

Dr. Dorner is available twenty-four hours a day. If you are having problems please call the office at 614-336-9000 and press 1 to have him paged. Be sure to leave your contact information.

For any life-threatening emergencies, you should call 911.

Notes: