



LASER VASCULAR TREATMENT

POST-TREATMENT INSTRUCTIONS

You underwent laser vascular treatment today. Patients often need repeated sessions to get the desired results.

POST-TREATMENT CARE:

- **Avoid strenuous exercise for 24 hours after your treatment.**
- Please **do not take any aspirin** or aspirin-containing medications such as Bufferin or Excedrin for one week following treatment.
- You may find that you have **pink or red lines** where the veins used to be. These lines should go away within 1-2 weeks.
- You may develop **hives** around the treated veins. This is common. If you experience itching, you can apply ice or cool compresses. If the itching persists, you can apply an over-the-counter corticosteroid cream or ointment for up to 3 days. You can also take Benadryl, but be aware that this will make you sleepy.
- If we have recommended compression stockings because of laser treatment on larger veins, please wear the stockings any time you are up and moving for the five days following your treatment.
- **Many veins, once treated, will look worse before they look better.** They may become temporarily darker or bruised. These changes generally resolve within five weeks.
- Portions of larger vessels may **darken and become stiff and painful** for up to a week after a treatment. As long as you have never been told you cannot take Ibuprofen, you may take 600 mg (3 over the counter tablets) every six hours as needed for the discomfort. If this persists for more than 7 days, please call 440-779-1000.
- If **crusting** occurs, we recommend an antibiotic ointment such as Neosporin. If the crusting persists for more than 4 days while using Neosporin, please call 440-779-1000.
- Post-inflammatory darkening of the skin over the treated veins is a common response (especially with darker skin type), especially if the treated area receives unprotected sun exposure. This darkening tends to resolve over time. Please **do not tan for at least four weeks before and four weeks after** laser vascular treatment; and please **do not use self-tanners for at least two weeks prior** to your next laser service.
- Your next appointment for Laser Vascular Treatment should be in 6-8 weeks for smaller veins; 12 weeks for larger reticular veins. Please call 440-779-1000 to schedule appointments.
- **If you have questions, please call 440-779-1000.**

Our best advertisement is your honest referral to your friends, family, and co-workers. As such, we offer \$25 off your next service for every new client you refer who credits you with his or her referral.

www.timelesslaserskin.com
440-779-1000