

Dermacure of Valencia

Pre & Post Laser Vein Removal Instructions

The following instructions will help you achieve the best results from your laser vein removal treatment. Please take a moment to review this information and go over any questions/concerns you may have.

Please reveal any medical conditions that may be of significance to the laser procedure- such as pregnancy, cold sore and fever blister tendencies, diabetes, any type of allergy, recent peels or facials or surgery, history of skin keloids, or if you are on any medications, such as Accutane, hormone replacement therapy, or use Retin-A.

Do not use self-tanning lotions and/or tanning booths 1 week prior to your laser treatment. Do not sunbathe 1 week prior to your appointment. Any patient arriving with a tan or sunburn may be rescheduled due to the sensitivity of the procedure to altered skin color and for the sake of the safety to your skin.

If having laser vein removal treatment of the legs, please shave the area prior to your appointment. (The day of the appointment is recommended for a more comfortable treatment)

Please be advised that you may expect a certain degree of discomfort, redness and/or irritation during and after the laser treatment. If any discomfort and/or irritation persist please notify the office at 661-257-8400. It also helps to elevate your legs (when you are able to) for the first 48 hours.

After your treatment it is not uncommon for the treated veins to reappear for 3 to 4 weeks before dissipating.

In some cases the treated skin may blister. If a blister appears after your treatment, **DO NOT** pick the blister, this can cause permanent scarring or infection. Keep the area clean and apply antibiotic ointment (i.e. Neosporin, Bacitracin) to the site. (If treated properly, the blister will heal without scarring.)

A red scab may form under the skin. It may appear for a few weeks and then will be reabsorbed by the body. This is supposed to happen and is a sign of a successful treatment. You can expect treated areas to remain somewhat red and swollen for the first 24 to 48 hours. In some cases it can last up to a week.

Brown spots or hemosiderin staining is caused by a release of iron from the reabsorption of veins and can remain for up to 6 months. This usually occurs with larger veins.

It is possible to have pain from the treatment of larger veins for several days post treatment. Tylenol is recommended for the pain.

For best results, do not engage in vigorous aerobic activity such as running, hiking or aerobic exercise for approximately 72 hours post treatment.

It is advised to remain out of the sun for one week. It is recommended that you use medical grade sun block for sun exposures.

The skin of the treated areas may tend to itch. This is a sign of healing. Keep areas hydrated with moisturizer.

Bruising is another common side effect to laser treatment. Bruising is temporary and will dissipate within a matter of days or weeks depending on the individual healing process. Arnica is recommended if you have a tendency to bruise. Arnica helps reduce bruising and eases the soreness of bruising.

If any concerns or questions arise before or after, please call the office at 661-257-8400 and Dr. Ingber will be happy to address any questions you may have.