

Spider Vein Treatment Pre & Post Care PDF

If you have any additional questions/concerns, feel free to call our office or ask your treatment provider

Pre-Care

1. There are no major preparations required before the laser treatment that is directed through the skin.
2. On the day of the treatment you should avoid all creams, lotions and moisturizers on the area that is going to be treated.
3. To avoid hyperpigmentation (dark spots) after laser spider vein treatment do not expose yourself to the sun without at least 30 SPF sunscreen.
 - a. In addition, you must avoid the use of self-tanning lotions, spray tans, tanning beds or any other artificial pigment to the skin while undergoing treatment and for at least three weeks prior to the first treatment.
4. Avoid any irritants to your skin such as any products containing retinol, benzoyl peroxide, glycol/ salicylic acids, or astringents for one week before your laser spider vein treatment.
5. If possible, please do not wear any makeup prior to your facial vein removal treatment.
6. To avoid the opening of the treated veins & significant bruising do not take aspirin or other anti-inflammatory products
 - a. These include (Anacin, Bufferin, Advil, or Nuprin) or Omega 3, 6 or 9 (Fish oil supplements) for one week before treatment. Tylenol may be used.
7. Avoid alcohol and smoking for at least one-two weeks before treatment.

Post-Care

1. Avoid any irritants to your skin such as any products containing retinol, benzoyl peroxide, glycol/ salicylic acids, or astringents for one week after your laser spider vein treatment.
2. Do not use self-tanning agents for at least two weeks after your final treatment.
3. To avoid the opening of the treated veins & significant bruising do not take aspirin or other anti-inflammatory products for one week after treatment. Tylenol may be used.
4. To decrease any discomfort after laser spider vein removal treatment, an ace bandage MAY be helpful. It may also help in reducing the amount of bruising.
5. Post spider vein removal bruising will be minimized by applying Vitamin K cream, Arnica, or Auriderm Cream.
6. To decrease swelling, ice can be applied, 20 minutes on, 20 minutes off. Swelling will resolve by itself in a few hours. Bromelain 750 mg four times per day is a homeopathic remedy utilized to reduce swelling. Do not take on an empty stomach.

Note: Even after the majority of veins have been treated, new spider veins can develop. Make an appointment for evaluation in 6 weeks