



Vascular Long Pulse Yag 1064nm

PRE-CARE INSTRUCTIONS

- Discuss and disclose any healing disorders such as caused by diabetes mellitus, connective tissue disease or radiation/ chemotherapy.
- Discontinue medications or supplements that may thin your blood one week prior to vein treatments to minimize bruising and improve the success of your treatment. This includes fish oil, flax seed oil, Vitamin E, ginkgo biloba, anti-inflammatory medications (ibuprofen, Motrin, Aleve), and red wine. If you are taking aspirin electively and not upon the advice of your physician, then you may stop it for 48 hours prior to your treatment. Do not stop aspirin if prescribed or recommended by your physician.
- Discuss and disclose if there is an active infection or history of herpes simplex of the lips, mouth or face.
- Do not proceed with the Long Pulse YAG treatment if the patient is pregnant or breast feeding.
- Discuss and disclose allergies to topical anesthetics, antibiotics, or other medications.
- Do not proceed with the treatment if Isotretinoin (Accutane) has been used within the past 12 months
- Discuss the history of any hypertrophic scarring or keloid formations or other skin diseases.

Before continuing and follow-up treatments:

- ✓ Disclose any new medications you may have begun using during your treatment program
- ✓ Treatments cannot be performed on areas with a suntan or sunburn
- ✓ If facial veins are being treated, there may be minor bruising and/or swelling following treatment. If leg veins are being treated, there may be minor bruising, discoloration and welting over treatment sites. Larger leg veins may appear bruised for a period of time after treatment. Full results can take weeks or months to be realized
- ✓ Plan treatments allowing for a period of no sun exposure, vigorous activity or use of hot tubs, saunas or spas for 5 days after treatment



Vascular Long Pulse Yag 1064nm POST-CARE INSTRUCTIONS

- Avoid sun exposure and wear SPF 30 sunblock for one month after treatment on all treated areas that may be exposed to the sun.
- Cold compresses may be applied to reduce redness and swelling.
- Please call us at the first sign of persistent pain or blistering.
- Use support hose 20-30 psi worn continuously for three to five days. (You may purchase these at a medical supply store or pharmacy.)
- Treatment area should be gently washed twice per day with tepid water and mild soap.

Post Treatment, DO NOT:

- ✓ Exercise for three days after treatment.
- ✓ Use alcohol, aspirin, Advil, or any blood thinners for five days.
- ✓ Take hot showers, baths, use hot tubs or saunas for five days.

Post Treatment Expectations:

- Expect some redness and swelling, which may convert to “cat scratch” scab for 8-12 weeks.
- Leg vein resolution usually takes about 8-12 weeks. At the end of this process, some vessels may be gone while others may be lighter or not affected.