



Pre-Treatment Instructions for Laser Vein Treatments

- Please stop tanning for **4 weeks** before treatment: a fresh tan can interfere with the effectiveness of the laser treatment. Always use a SPF 30 daily.
- Please do not wear makeup on the areas to be treated. If makeup absorbs laser energy, less energy will reach your unwanted blood vessels, and if the makeup heats up it could irritate or burn your skin. If you wish, makeup can very gently be re-applied immediately after the laser treatment. We recommend Jane Iredale Mineral Make-Up as it is calming to the skin and delivers a physical block for sun exposure and has anti-aging properties.
- Please shave or clip excess hair in the treatment area the day before treatment or on the morning of treatment. This way, the skin will be less sensitive. Excess hair above the surface of the skin absorbs and wastes laser energy and reduces the amount of energy to reach the unwanted blood vessels where it is really needed. Excess hair above the surface of the skin also increases the chance of burning or irritating the skin. We prefer you shave 24 hours before, but at the very least try and shave a minimum of **4 hours** before the laser sessions.
- Some clients find it helpful to take two or three plain Tylenol **2 hours** before the treatment. Women who find that they are less sensitive after their menstruation prefer to schedule their treatment sessions accordingly. You will be less sensitive if you are well rested, well fed, and not thirsty during your treatment. You should pamper yourself on laser days!
- Do not use self tanners (including spray tans) for at least a minimum of **10 days** prior to the treatment.
- Do not use Retin A / Glycolics / Masks or Exfoliating Treatments for **3 - 5 days** prior to the treatment.
- No wind burn in the treatment area.
- No excessive nose blowing after treatment on nasal vessels as it will decrease the success of the treatment. Gently use a Q-tip for **4-7 days**.





Post-Treatment Instructions for Laser Vein Treatments

- Redness often has faded greatly within a day or two. It would not be uncommon for the skin to be slightly drier. You may require more moisturizer for a few days. The treated blood vessels may appear slightly more obvious for the next week or two, but this is seldom and generally much less obvious than after injection sclerotherapy.
- Masking or concealer cosmetics may be used **24 hours** post-treatment as necessary, but do not overly rub or irritate the vessels that have been treated. We recommend Jane Iredale Mineral Make-Up as it is calming to the skin, delivers a physical block for sun exposure and has anti-aging properties. Avoid make-up to the area if the skin is raw or weeping.
- No picking, scratching or irritating treatment area while healing.
- Try to avoid tanning for two weeks after treatment, because occasionally the tan could be somewhat irregular (lighter and/or darker in the treated areas. We recommend the use of sunscreens to protect your skin.
- You do not need to purchase expensive support stockings or special creams and there is no special routine for you to follow, except if larger vessels are also treated by sclerotherapy in combination treatments with lasers, then you may be encouraged to wear support hose for several weeks. However, avoid exercise for **48 hours** post-treatment.
- Blistering or scaling after laser treatments with longer wavelengths of light for removal of blood vessels is very rare, but usually resolves over a few days or a week with a bit of Polysporin or Aloe Vera cream several times a day.
- Please avoid hot tubs, pools, hot baths or showers for **48-72 hours**.
- Please avoid spicy foods, red wine (alcohol) for a few days.
- Please avoid Retin A / Glycolics / Masks and Exfoliating Treatments for **5-7 days**.

Description:

Remember that there are many different veins in the body. At the EIEMediSpa & Laser Centre we mainly treat veins that are specifically within our scope of practice. Veins that require additional medical attention will be referred to various physicians with whom we collaborate to achieve your desired results.

