

Pre-treatment Instructions:

- Apply SPF45** sun block to treatment areas that are exposed to the sun. You may improve your results by limiting exposure to the sun, tanning beds or tanning lotions for four weeks before treatment.
- Inform us** if you have taken Tetracycline or Zithromax in the past month or if you have taken **Accutane** in the past year or are planning to begin taking any of these.
- Shave** the area to be treated within 12 hours prior to the treatment. (We can shave and prep you at the regular hourly rate. Schedule additional time for prep with the front desk.)
- Apply** topical anesthetic prior to coming in for your appointment if directed to do so.
- Do not use** aspirin, NSAID's (ibuprofen, Naprosyn, etc.), and blood thinners or ginkgo and St. John's wart for 10 days prior to treatment.
- Discontinue** all Retin-A, Renova, glycolic acids, vitamin C products and anything else which can be irritating, for three days before treatment.
- Remove** any makeup, lotions, and cleanse and dry area to be treated prior to treatment.

Post Treatment Instructions:

- Apply** SPF45 sun block on all treated areas that may be exposed to the sun for a minimum of two months. Avoid prolonged sun exposure to treated area.
- Wash** treatment area with a gentle cleanser, use cool or tepid water and pat dry.
- Do not use** Retin-A or glycolics or other irritants for five days after treatment.
- If prescribed**, continue use of anti-viral medication.
- Use** firm support tights worn continuously for three to five days after treatment.
- Do not** exercise for three days after treatment.
- Do not** use aspirin, NSAID's or blood thinners for five days after treatment
- Do not** take hot showers, hot baths, use hot tubs or saunas for five days.
- Apply** 1% hydrocortisone cream to treatment area if directed to do so.

Post Treatment Expectations:

- Please call us** at the first sign of persistent pain or blistering. Expect some redness and swelling, which may convert to a "cat scratch" scab for 2-3 weeks.
- Leg vein resolution** usually takes about 8-12 weeks, with approximately 2-3 treatments needed for maximum clearance.
- Facial vein resolution** takes up to two weeks. At the end of this process, some vessels may be gone while others may be lighter or not affected.
- Inform us** of any changes in your medical or tanning history at **each** visit and inform us if you become pregnant.