



LOW COUNTRY
DERMATOLOGY

RECOMMENDED PRE & POST CARE FOR VASCULAR TREATMENTS

Before Your Treatment

- Do not wear makeup on the day of treatment
- Do not drink alcohol or take aspirin or an aspirin containing medicine for three days prior to your treatment
- No sun-tanning or self-tanners 4 weeks prior to treatment
 - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
 - Darker melanin or pigment from the sun may produce side effects or make the treatment less effective.
- Some medications or supplements may increase the risk of bruising. Consult with your physician
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)
- Notify clinic with any changes to your health history or medications since your last appointment
- History of herpes or cold sores may require an antiviral prescription prior to treatment

After Your Treatment

- Avoid sun exposure and use a broad spectrum (UVA / UVB) sunscreen to prevent further sun damage
- Bruising, redness, and swelling are common and will typically last 5-14 days, depending on what area of the body is treated
- Discomfort or stinging may be evident, but usually lasts no more than 6-8 hours. Tylenol may be taken or ice packs applied during this period
- A “bug bite look” is common and usually resolves in 1-2 days
- Antibiotic ointment should be applied 1-2 times a day if there is any crusting or scabbing
 - If crust or scab develops, allow it to fall off on its own. Do not pick at the area. Keep the area moist with the ointment until the crust falls off
- Avoid heat - hot tubes, saunas, extended time in the sun etc. for 1-2 days
- Avoid skin irritants (examples below) a few days post-treatment
 - Products containing tretinoin, retinol, benzoyl peroxide, glycolic / salicylic acids, astringents etc.

- Notify the clinic of any concerns (blistering, excessive redness / swelling, etc.)
- Leg vein treatments only:
 - Compression stockings (20-30 mm / hg) are optional
 - Avoid high impact activity for 3-5 days
 - Hemosiderin staining (brown staining) may occur after a treatment and usually resolves with time (can take 1-2 years) but, on a rare occasion, it may be permanent
 - Strict avoidance of sun exposure may decrease risk of permanent hemosiderin staining
 - Large leg veins may take many months to resolve and should not be re-treated before then
- Do not apply makeup for 2-3 days, or as long as crusting is present
- Consult with the clinic about when to resume skin care regimen
- Avoid exercising for 3 days
- Avoid swimming and sports if any bruising is present to reduce skin irritation and infection
- Do not scratch or rub the treated area until all bruising or crusting disappears
- When the discoloration / bruising clears, there may be very little change in the vascular lesion. Improvement will take place slowly over a period of several weeks
- Additional instructions: to minimize swelling sleep elevated for the next 3 nights after treatment and try to ice the area 3 times a day. Use a dish towel or rag, wet the cloth and put it into the freezer for about 15 minutes until chilly, apply cloth to the swollen area and let sit until the chill is gone. You can also use an icepack as well.