

## Spider Vein Treatment

For your safety and in order to obtain optimum results, the instructions below should be followed

- What to Expect After Spider Vein Treatment:
  - o A mild sunburn-like sensation is expected. This usually lasts a few hours, but can last up to 72 hours.
  - o Redness, swelling and bruising may occur in the area of the vessels. These symptoms usually subside in a few to several hours. Typically bruising resolves within one week.
  - o A cool compresses placed on the area provides comfort.
  - o Vessels may disappear, darken, lighten or appear unchanged but fade over time.
  - o Makeup and most skincare may be resumed immediately after the treatment.
    - Avoid any exfoliant creams or cleansers for 1-2 weeks.
    - Avoid Retin-A or glycolic/salicylic acid for 1-2 weeks.
    - Avoid shaving until sensitivity has completely subsided.
  - o Limited activity is advised for 48 hours, as well as no hot tub, steam or sauna use.
  - o For leg veins, compressions stockings should be worn for 48 hours to achieve best results. Elevate the legs for 48 hours if possible.
  - o Sunscreen (minimum SPF 30) should be used daily. We offer safe, post-laser sunscreen. Ask the staff!
  - o If the skin is broken or a blister appears, apply an antibiotic ointment and **contact** the office immediately. Keep the affected area moist and avoid direct sunlight.
  - o Subsequent treatments are based upon your clinician's recommendation and are typically between 2 to 4 weeks apart. 3 - 5 treatments may be required.

Patient's signature \_\_\_\_\_

Date \_\_\_\_\_ Patient ID# \_\_\_\_\_ Witness \_\_\_\_\_