

# Pre and Post Leg Vein Instructions

*Bring loose clothing each visit. Your skin should be clean and dry prior to treatment. No lotions on skin. Avoid sun exposure 4-6 weeks prior to treatment. Treatment of tanned skin can cause blistering and possible hypopigmentation which last 3-6 months.*

**Contraindications-** Diabetics clients with poor circulation, clients with slow healing times, clients on blood thinners or aspirin will have discontinue at least 2 weeks prior to treatment and throughout treatment course, clients on high doses of iron, clients on accutane within 6 months of treatment, active infections, bacterial or viral or have immunosuppressant issues, open lesions, skin types 4 or higher, varicose veins, pregnancy, photosensitivity, keloid issues, skin cancer and or radiation therapy treatment.

## **Activity and Care of legs post treatment:**

1. Resume normal activity, however, vigorous activity is discouraged for 72 hours post treatment.
2. Walking is encouraged, as this increases blood flow. Please walk for 20 minutes a day for next 5 days.
3. Support hose can be worn for at least 5 days, elevate legs for 3-5 minutes before putting them on. Compression of the legs accelerates healing, reduces swelling and lessens discomfort.
4. Keep legs out of sun, wear spf 30 containing zinc oxide or titanium dioxide should be worn daily, especially the first 6 months.
5. Caution when shaving, not to disrupt healing.

## **What to expect after treatment:**

- Blistering at treatment sites, which can become open areas. These usually resolve in time. Use antibiotic ointment to these areas twice a day. **Please call office if blistering occurs.**
- Hyperpigmentation, darkening of skin, or hypopigmentation, lightening of skin frequently occurs. This will fade over 12-18 months.
- Tenderness and bruising may occur. These will disappear and can usually be relieved with elevation of legs.