



## **Vascular Laser Pre Protocols**

- ❖ Confirm before each appointment, there have been no changes in your medical history, medications or skin care products since the consultation.
- ❖ Avoid alcohol for at least 24 - 48 hours before vascular treatment.
- ❖ Shave the treatment area within 12/24 hours before all appointments.
- ❖ No bleaching, tweezing, plucking, waxing, threading, or using depilatory creams or electrolysis for 4-6 weeks prior to your treatment as this can make the skin reactive.
- ❖ Do not have unprotected sun exposure/sunburn, tanning beds, and sunless tanners 4 weeks prior to this treatment or future treatments.
- ❖ Please clean the treatment area before the appointment, and leave your skin FREE of cosmetics, lotions, creams, and perfume/colognes.
- ❖ No jewelry or piercings can be worn near the treatment area; also, do not wear tight, constrictive clothing on the treated area; irritation can occur if the skin cannot cool properly.
- ❖ Ensure you are not currently nor have been on antibiotics in the past 4 weeks. Understand laser treatments cannot be done if you are on such medication.
- ❖ For this and future treatments you will stop using any active ingredients/photosensitive medications or products (such as AHA, BAH Retinol, Hydroquinone or steroids) up to 7 to 10 days prior to the treatment.
- ❖ To avoid the opening of the treated veins & significant bruising do not take aspirin or other anti-inflammatory products such as (Aspirin, Anacin, Bufferin, Advil, or Nuprin) or Omega 3, 6 or 9 (Fish oil supplements), Vitamin E, ginkgo, and ginseng for one week before treatment.
- ❖ Ensure you have not used fillers or Botox within 4 weeks of any treatments in the treatment area, for this or future treatments.
- ❖ You will not come for treatment at any time if you have had a peel, chemical or other, microdermabrasion, laser, or light therapy, within 4 weeks. If you are not sure if your treatment will be a contradiction, please discuss it with the technician.
- ❖ Confirm with the technician before treatment begins if you have tattoos, if a tattoo is in the treatment area, we will then proceed to cover the tattoo and make sure there is a 2-3 cm clearance from the laser treatment.
- ❖ Before the treatment begins, you will be given eye shields to wear to protect your eyes.



## Vascular Laser Post Protocols

*Vascular lesion removal may create a superficial burn wound. Some patients may experience bruising or swelling. There is immediate whitening of the treated area, which usually lasts for several minutes. Many clients then develop blisters, crusts, or scabs within 8-72 hours, which may last for 1-2 weeks or more. The treated areas may be pink or pale after the scab separates. Scarring, which can be hypertrophic or even keloid, can occur but is very rare. Loss of skin pigment in the treated area can occur and is temporary except in very rare cases. The treated area may show a reddish/bruised discoloration. This will last 5-14 days, depending on what part of the body is treated. Healing is usually complete within 4 weeks, although this may vary.*

- ❖ You may shower (lukewarm water) 2 hours after the treatment but take care to avoid high-pressure water hitting the treated area. Baths, hot tubs, swimming pools, or any form of soaking aren't recommended until all blistering and scabbing are completely healed, as they may increase the risk of infection.
- ❖ The treatment area is very delicate and should be treated with care; gently clean with a mild cleanser. Normal skin care regimens such as makeup, deodorant, moisturizers etc. may be resumed the day after treatment if there is no extended redness, blistering or scabbing. Do not rub the treated area with a face cloth or towel. Pat the area dry so the skin is not disturbed.
- ❖ Blistering may occur roughly 8 hours after (if does happen) your treatment. Do not be alarmed, blisters heal very well and are part of the normal healing process. Blisters indicate your body's immune system is healing the area. It is natural for blisters to pop, and this helps the skin to heal faster in many cases. Continue to put antibiotic ointment (Neosporin) over the blisters once they have popped for at least 24 hours.
- ❖ Bruising is another common side effect of laser treatment. Bruising is temporary and will dissipate within a matter of days or weeks depending on your individual healing process. Arnica is recommended if you have a tendency to bruise.
- ❖ You may apply a thin coating of antibiotic ointment up to three times a day for 3 days while the area is healing and you should keep the area covered with a sterile dressing for those 3 days.
- ❖ Please be advised that you may expect a certain degree of discomfort and the areas to remain somewhat red and swollen for the first 24 to 48 hours. In some cases, this may last up to 1 week.



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- ❖ You may apply cool compresses as necessary for 24 hours after the laser treatment to help reduce discomfort and inflammation. You may take plain Tylenol, but avoid aspirin (it can increase the risk of bruising and/or bleeding).
- ❖ If a crust or scab develops, allow it to fall off on its own. DO NOT PICK OR SCRATCH at the area. Shaving should be avoided till the area is fully healed.
- ❖ No vigorous exercise for 72 hours - No body treatment, or massage till the area is healed
- ❖ Stop using any active ingredient/Photosensitive medications/products (such as AHA, BHA, Retinal, Hydroquinone or steroids) for 7/14 days post-treatment - or until fully healed.
- ❖ No bleaching, tweezing, plucking, waxing, threading, or using depilatory creams or electrolysis for 4 weeks or until the area is fully healed.
- ❖ Avoid exfoliating your skin for the first 1-2 weeks after treatment, or longer if needed.
- ❖ You will not have additional treatment such as, but not limited to peels, microdermabrasion, laser, or light therapy for 4 weeks post-treatment or till fully healed
- ❖ You will not use fillers or Botox within 4 weeks post laser treatments in the treatment area - or until fully healed
- ❖ *You will avoid unprotected sun exposure/sunburn, tanning beds, and sunless tanners 4 weeks post-treatment. SPF 30+ is mandatory before/after/during between treatments to prevent burns and other issues.*
- ❖ After your treatment, it is not uncommon for the treated veins to remain visible for 3 to 6 weeks before dissipating. This is due to residual clotted blood in the vessel.
- ❖ Of course, if you have any extreme reaction, call 911 and go to the emergency department.
- ❖ Prebook your next appointment for 4 - 6 weeks.