



## **Pre Treatment Information for Laser Vein Removal**

1. Discontinue medications or supplements that may thin your blood one week prior to vein treatments to minimize bruising and improve the success of your treatment. This includes fish oil, flax seed oil, Vitamin E, ginkgo biloba, essential oils, anti-inflammatory medications (ibuprofen, Motrin, Aleve), and red wine. If you are taking aspirin electively and not upon the advice of your physician, then you may stop it for 48 hours prior to your treatment. Do not stop aspirin if prescribed or recommended by your physician.
2. You may wish to bring a pair of shorts to wear during your treatment if you are having your legs treated.
3. If facial veins are being treated, there may be minor bruising and/or swelling following treatment. This can typically be covered using make-up. Plan your outings and activities accordingly since your face may show slight evidence of the laser treatment for a week or more.
4. If leg veins are being treated, there may be minor bruising, discoloration, and welting over treatment sites. Larger leg veins may appear bruised for a period of time after treatment. Full results can take weeks or months to be realized. Plan and schedule treatments accordingly, allowing for healing time and time for your treatment results to evolve to completion. The best time to treat leg veins are in fall, winter and spring when you are less inclined to wear shorts or be exposed to sun.
5. Plan treatments allowing for a period of no sun exposure, vigorous activity or use of hot tubs, saunas or spas for 48 hours after treatment.



## **Post Treatment Advice for Laser Vein Removal**

1. Avoid sun exposure and wear at least SPF 30 sunblock for one month after treatment on all treated areas that may be exposed to the sun.
2. Cold compresses may be applied to reduce redness and swelling.
3. Please call us at the first sign of persistent pain or blistering.
4. Use support hose 20-30 psi worn continuously for three to five days. You may purchase these at a medical supply store, pharmacy or Amazon.com.
5. Treatment area should be gently washed twice per day with tepid water and mild soap.

### Post Treatment, Do Not:

1. Exercise for three days after treatment.
2. Use alcohol, aspirin, Advil, or any blood thinners for five days.
3. Take hot showers, baths, use hot tubs or saunas for five days.

### Post Treatment Expectations:

1. Expect some redness and swelling, which may convert to "cat scratch" scab for 8-12 weeks.
2. Leg vein resolution usually takes about 8-12 weeks. At the end of this process, some vessels may be gone while others may be lighter or not affected.

Questions? Please call the office at 417.350.8730 or email us at [info.bypc@gmail.com](mailto:info.bypc@gmail.com).