

1. To AVOID hyperpigmentation (dark spots) after treatment do not expose yourself to the sun without at least 30SPF sunscreen. Remember the sun's harmful rays can penetrate clothing. In addition, you must avoid the use of self-tanning agents, spray tans, tanning beds or any other artificial pigment to the skin while undergoing treatment and for at least three weeks prior to the first treatment.
2. Avoid any irritants to you skin such as any products containing retin-a retinol, benzoyl peroxide, glycolye/ salicyliciacids, or astringents for one week before and after your treatment.
3. Do not use self-tanning agents for at least two weeks before your first treatment. Discontinue use until at least two weeks after your final treatment.
4. If possible, please do not wear any makeup prior to your facial treatment.
5. One hour before your vein treatment, take two Extra Strength Tylenol to minimize discomfort.
6. To avoid the opening of the treated veins & significant bruising do not take aspirin or other anti-inflammatory products (Anacin, Bufferin, Advil, Thuprofen or Nuprin) for one week **before and after** treatment. Tylenol may be used. Also, avoid alcohol for at least two weeks before treatment.
7. To decrease any discomfort after treatment, support hose or an ace bandage **MAY** be helpful. It may also help in reducing the amount of bruising. The research comparing the use of support hose versus not using support hose demonstrates mixed results.
8. Post treatment bruising will be minimized by applying Vitamin K cream, Arnica Montana, or Auriderm Cream.
9. To decrease swelling, ice can be applied, 20 minutes on, 20 minutes off Swelling will resolve by itself in a few hours. Bromelain 750 mg four times per day is a homeopathic remedy utilized to reduce swelling. Do not take on an empty stomach.

Note: Even after the majority of veins have been treated, new spider veins can develop. Make an appointment to return for evaluation in 6 weeks