

## **RED VEIN/ANGIOMAS REMOVAL WITH LASER PRE/POST CARE INSTRUCTIONS**

### **PRE-CARE**

- Avoid all sun exposure and tanning beds for at least two weeks prior to treatment. A sunscreen with SPF 30 plus zinc oxide or titanium dioxide should be worn throughout the treatments on the treated areas.
- Your laser procedure may include several laser appointments. We will present a treatment plan for you upon consultation and evaluation of your response to the laser treatment.
- If you are currently taking ACCUTANE medications, you are not a candidate for safe treatment. The last dose of Accutane must have been taken at least (1) year prior to treatment.
- If you experience occasional or have an active HSV (herpes) outbreak: Red vein/angiomas removal can irritate sensory nerves in the area, enough to create an outbreak. It is recommended that patients begin pre-treatment with antiviral medication, such as acyclovir, a minimum of 3-5 days prior to treatment. Patients are also encouraged to wait until all symptoms of HSV have ceased before getting red vein/angiomas removal. Should you require a prescription for acyclovir, please contact the MediSpa to submit your request.
- If you are taking any anticoagulant medications, please consult your prescriber as you will need to cease intake for 14 days prior to treatment.
- You will be asked to remove your make up (can be done in-house) and jewelry before a procedure. Contact lenses may be worn.
- If you have a history of epilepsy, poor wound healing, Diabetes mellitus (DM), and/or acute tubular necrosis (ATN), you are not a candidate for safe treatment.

### **POST CARE**

- Your skin may appear red or blotching in the treated area for 24-48 hours after the laser treatment. You may temporarily experience a bumpy appearance. Please do not apply makeup if area is still red. Once there is no sign of redness, make up may be applied.
- Wash treated area twice a day with a gentle cleanser and tepid water.
- Apply a thin coat of antibiotic ointment twice daily for 2 days after receiving treatment. Take Tylenol per packaging directions as needed for discomfort.
- You may experience swelling of the treatment area(s) that may persist for 2-4 days. Sleep with two pillows at night and apply a cold compress as needed for swelling.
- Avoid all sun exposure and tanning beds between treatments.
- Apply a broad-spectrum UVA/UVB sunscreen with SPF 30 plus zinc oxide or titanium dioxide daily to treated area if in the sun for at least six months following the treatment.

### **POST CARE - *DO NOT*:**

- Exercise for three days after treatment.
- Use alcohol, aspirin, Advil, or any blood thinners for five days.
- Take hot showers, baths, use hot tubs or saunas for five days.
- Shave over treated area as long as area is red and or swollen.

**It is the responsibility of each guest to fully review the aforementioned Pre-Care and Post Care guidelines. If a scheduled service requires modification/cancellation because you do not meet the aforementioned criteria, you are responsible for notifying the medical spa no less than 24 hours in advance to avoid a late cancellation fee of \$75.00. If you are unable to contact an Ageless Aesthetics MediSpa representative within normal business hours, please leave a detailed voicemail. The voicemail system date-stamps/timestamps all voicemails with Mountain Standard Time (MST) zone times. Cancellations and modifications must be made within the MST zone in order to avoid no-show/late cancellation fees. If you have ANY questions or concerns, please call our office during business hours at 505.473.SKIN (7546).**