



ALBUQUERQUE
LASER CENTER

Instructions for Leg Vein Treatment

Patients typically tolerate this procedure well. For best results, please follow the instructions below and contact our staff if you have any questions or concerns prior to treatment.

PRE-TREATMENT INSTRUCTIONS:

- Your skin should be completely clean and dry prior to treatment. Do not apply any skin care products, make-up etc. on the day of treatment. The staff will have products available to clean your skin when you arrive at the office.
- **AVOID THE SUN** - The area to be treated should not be exposed to sun 4- 6 weeks prior to treatment. If you are in the sun during this time you should defer treatment until a later time. Treatment of tanned skin may cause blistering or possible white spots, which may last for several months.
- Avoid using tanning creams, spray tans, or any type of temporary pigmented creams prior to treatment.
- Patients with a history of the following conditions may not be good candidates for laser treatment and should consult their primary care provider when considering treatment:
 - Diabetic patients or patients with poor circulation
 - Patients who have a history of poor healing
 - Patients who take a blood thinner, such as Coumadin or aspirin
- Patients who are taking high doses of iron may have an increased risk of hyperpigmentation.

POST-TREATMENT INSTRUCTIONS:

- The heat from the laser pulses may be slightly uncomfortable during and immediately following treatment. Cold gel packs/ice can be applied to reduce discomfort.
- You may also apply ice and elevate you legs to decrease discomfort, especially when large areas are treated.

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POST-TREATMENT INSTRUCTIONS (continued):

- Tylenol is recommended for any pain, as needed.
- AVOID THE SUN completely after treatment to reduce hyperpigmentation. If you must go outside, apply a broad spectrum UVA and UVB sunblock with a minimum of 5% zinc oxide.
- Avoid strenuous exercise for 48 hours after treatment.
- FULL TREATMENT: Wait at least 8 weeks before the next treatment as resolution of the vessels continues throughout this entire period. Your provider may have you wait even longer between treatments.
- Your leg veins may appear bruised or darker red following treatment. This discoloration will fade over the next few weeks. Brown discoloration may take several months to fade.
- Consult the office immediately if you experience increased pain, redness, swelling or blistering. Your provider may recommend the application of a topical antibiotic ointment if blistering occurs.

**Please call our office with any questions or concerns at
(505) 338-4038 or
after-hours emergencies only (505) 857-3999.**

Cancellation Policy: 24-hours advanced notice is required to cancel or reschedule an appointment. If an appointment is cancelled with less than 24-hours advanced notice, the missed appointment will be counted as one of the sessions in the skin care package. If the cancelled appointment is a single session treatment, a \$50 cancellation fee will be charged to the patient's account.