



## LASER VEIN THERAPY

### PRE PROCEDURE INSTRUCTIONS & AT HOME PREPARATION

- Tell your technician if you have a history of hyperpigmentation.  
Depending on your skin type, a pigmentation treatment may be started 2-6 weeks prior to treatment.
- Avoid sun exposure for 1 to 3 weeks prior to treatment and use SPF 30 daily to ensure coverage against UVB and UVA rays.
- Do not use self-tanning products for 1 to 3 weeks prior to and/or post-treatment.
- Always inform your doctor of all medications and your medical history, including supplements you may be taking..
- If you have any history of Herpes Simplex (cold sores) on your face, inform the doctor one week before your appointment; this will allow adequate time to prescribe a medication to prevent an outbreak. Cancel your appointment if you have an active infection.
- Avoid, if possible, aspirin for 10 days, ibuprofen (Motrin, Advil), other non-steroidal medications (Aleve) and Vitamin E, St. John's Wort, and fish oil supplements for 5 days before the procedure
- Discontinue use of Tretinoin-type products (Renova, Tretinoin, Retin A, Retin A Micro, Tri-Luma, Solage, etc.) at least 2 or 3 days prior to treatment.
- Discontinue the use of Hydroquinone 1 week prior to treatment.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)