



## **PRE AND POST INSTRUCTIONS LASER VEIN (ExcelV+)**

### **Pre Treatment**

- Do not apply any cream, lotion, oil, to your legs the night before or the day of your treatment.
- Do not drink alcoholic beverages or smoke for 2 days before and 2 days after your treatment because drinking alcohol thins blood and smoking slows or impairs bleeding.
- For facial consideration, avoid Retin-A®, Differin®, and chemical acids (AHA/BHA) at least 5 days before treatment. Individuals with a history of cold sores should start taking oral antiviral medications if the upper lip or chin is to be treated.
- Aspirin or other blood thinning drugs, or other non-steroidal inflammatory drugs for 1 week before and 1 week after your treatment.
- Avoid self-tanner lotion for 1 week prior to treatment.
- If you become ill and begin taking an antibiotic mid-treatment, you will need to stop the medication for seven days before your next laser treatment.
- Avoid sunbathing a month before and a month after your appointment. Any patient arriving with a tan or sunburn may be rescheduled.

### **Post Treatment**

- The treated veins may remain visible for 3 to 6 weeks before dissipating.
- In some cases, the treated skin may blister. Do not scratch or open the blister—this could cause permanent scarring and/or infection.
- You can expect treated areas to remain somewhat red and swollen for the first 24 to 48 hours, and may last up to 1 week.
- Brown spots can remain for up to 6 months.
- It is possible to have pain from treatment of larger veins for several days post treatment. Tylenol and/or arnica is recommended for any discomfort.
- Bruising is another common side effect to laser treatment and will dissipate within a matter of days or weeks.
- Do not engage in vigorous aerobic activity such as running, hiking, or aerobic exercise for approximately 3 days post treatment.
- It is advised to remain out of the sun and use medical grade sun block for any sun exposure for 1 week after treatment.
- The skin of the treated areas may tend to itch. This is a sign of healing. Keep areas hydrated with moisturizer and apply hydrocortisone cream to itchy areas 3-4 times daily until itchiness subsides.

**Please contact your provider immediately if you notice any blistering, rash, crusting, pus, tenderness or any other changes that may concern you.**

**We want you to be completely happy with your visit to Eterna!  
Call the office with any questions or concerns 253.268.3400 or after hours 253.466.5011.**

**If you are pleased with the service you received today, we invite you to post a review on  
Yelp or Google.**