

### *What it is:*

Laser Vein Therapy uses a long pulsed YAG laser to diminish a broad range of blood vessels (from tiny spider veins to deep blue reticular veins) quickly, safely and effectively without painful injections.

It works by delivering pulses of light energy which cause the blood within the vein to coagulate, eventually destroying the vessel which is later reabsorbed by your body. The blood flow is then redirected to veins deeper below your skin's surface, where it should be.

**Laser Vein Therapy is ideal for unsightly veins, including small facial veins (or “telangiectasia”), spider veins, and large blue leg veins.** Patients with dark, light, or tanned skin can experience outstanding results with minimal bruising or blistering.

**Laser Vein Therapy also treats blood blisters or “hemangiomas.” Patients with port wine stains and other vascular lesions may also benefit from treatment.**

Laser Vein Therapy is generally performed on the legs and face, but can be performed on all parts of the body.

### *Features & Benefits:*

- Treats facial telangiectasia
- Treats spider veins, leg telangiectasia, and deeper reticular leg veins
- No painful injections
- Minimal bruising or blistering post-treatment

### *Duration of Benefits:*

- Most patients find that one or two treatments are sufficient. However, the number of treatments necessary depends on the number, color and size of the vessels being treated
- Most patients find that the majority of the treated veins have shown significant improvement within two to six weeks of treatment. However, your final results may not be apparent for several months. Over time, it is possible for new veins to appear. These new veins can be treated as needed

## *Duration of Treatment: 45–60 Minutes*

### *Treatment Protocol:*

- Topical anesthetic cream may be applied
- Customized spa treatment ritual (20 minutes)
- Shaving of treatment site
- Esthetic cleanse of treatment area
- Application of cooling gel
- Pre-cool with laser handpiece
- Laser procedure (approximately 15–30 minutes, depending on size of area treated)
- Post Cool/Icing

### *Candidates:*

- Ideal candidates include those with unsightly veins on the face and body
- NOT recommended for knotty varicose veins

### *Contraindications:*

- This procedure should not be administered to pregnant or breastfeeding (lactating) women
- The laser cannot treat over areas with tattoos

### *What to Expect:*

- You will be given protective eyewear for the duration of the laser treatment
- When the laser shines on the skin, patients will experience a stinging sensation
- Immediately post treatment, any discomfort will be minimal to non-existent.  
Post treatment, some redness or bruising may occur
- You should see some improvement in two to six weeks after the first treatment

### *Downtime/Recovery:*

- Most patients are able to return to routine activities, including work and social obligations on the same day as their treatment, however it is recommended that you avoid strenuous activity for the first 24 hours
- Redness and swelling is normal following treatment. Healing time varies from person to person, depending on problem and area treated
- For larger leg veins, you may be asked to wear compression stockings (30–40 mm Hg Pressure) for up to five days after treatment

## *Pre-treatment Guidelines:*

### *Laser Vein Therapy*

#### **Six to twelve months before treatment:**

- Cease use of Accutane

#### **Four weeks before treatment:**

- Stay hydrated! Drinking plenty of water before, during and after your treatment will assist with healing

#### **Two weeks before treatment:**

- Cease use of all retinols, Retin-A, Tazorac®, Differin®, and “anti-aging” products containing glycolic, alpha-hydroxy and beta-hydroxy acids
- Avoid all sun exposure and/or tanning beds
- Avoid use of systemic steroids (prednisone, dexamethasone) throughout the course of your Laser Vein Therapy

## *Post-treatment Recommendations/Prescriptive Care:*

### *Laser Vein Therapy*

- Apply post-operative ice packs five to ten minutes at a time, every one to two hours post treatment to help reduce swelling and redness
- Over the counter medication such as Benadryl® (25 mg.) may also decrease some of the swelling and itching and Tylenol® may be used for discomfort, if necessary
- Hydrate: Remember to drink plenty of water post procedure as it assists the healing process
- If you are experiencing “hive-like” symptoms, a mild-potency topical corticosteroid may be prescribed
- If crusting occurs, an antibiotic ointment or healing ointment such as Aquaphor® may be recommended
- Post-inflammatory hyperpigmentation is a common response (especially with darker skin types) and tends to resolve over time
- Avoid direct sunlight and sun exposure for at least three months after treatment

## *Daily Skincare Routine:*

- When washing the treated areas, use a gentle, **non soap cleanser** (such as Cetaphil®). You can wash as early as the evening following your treatment
- Apply a neutral barrier cream without alpha hydroxy acids (such as Aquaphor®) as often as needed to help treat itching, dryness, flaking and dry crusting. These symptoms will gradually disappear
- Use a broad-spectrum sunscreen with an SPF of 25 or higher daily

*Product Recommendations:*

- Aquaphor® will keep sensitive spots lubricated
- An over the counter antibiotic ointment may also be used
- Ask your esthetician for specific product recommendations (such as Epidermal Repair Cream)

*Follow Up Visit:*

- A follow up visit will be scheduled approximately 14 days post-treatment
- Interval time between treatments is six weeks or longer
- Larger reticular vessels can take three months to resolve and should not be re-treated before then
- **Call the office immediately if you have any unexpected problems after the procedure**

*Return Visits Suggested:*

**Date:** \_\_\_\_\_

**Technician Name:** \_\_\_\_\_

**Notes:** \_\_\_\_\_

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