

### **Laser Vein Pre-Treatment Instructions**

Discontinue medications or supplements that may thin your blood one week prior to vein treatments to minimize bruising and improve the success of your treatment. This includes fish oil, flax seed oil, Vitamin E, ginkgo biloba, anti-inflammatory medications (ibuprofen, Motrin, Aleve), and red wine. If you are taking aspirin electively and not upon the advice of your physician, then you may stop it for 48 hours prior to your treatment. Do not stop aspirin if prescribed or recommended by your physician.

### **Laser Vein Post Treatment Instructions**

- If facial veins are being treated, there may be minor bruising and/or swelling following treatment. This can typically be covered using make-up. Plan accordingly since your face may show slight evidence of the laser treatment for a week or more.
- No sun exposure, vigorous activity or use of hot tubs, saunas or spas for 48 hours after treatment.
- Areas treated may have a "cat scratch" appearance which will resolve in 2 weeks and additional treatments may be needed no sooner than 10 weeks.