



LASER VEIN THERAPY

Pre & Post Care Instructions

Before laser treatment, please inform your laser technician if you are taking any antibiotic medications, vitamins or have any changes to your health history.

For best results, please follow these instructions

- To AVOID hyperpigmentation (dark spots) after treatment, do not expose yourself to the sun without at least 30 SPF sunscreen. Remember the sun's harmful rays can penetrate clothing. In addition, you must avoid the use of self-tanning agents, spray tans, tanning beds or any other artificial pigment to the skin while undergoing treatment and for at least three weeks prior to the first treatment.
- You must avoid any irritants to your skin, such as any products containing Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids or astringents for one week before and after your treatment.
- If possible, please do not wear any makeup prior to your facial treatment.
- To avoid the opening of the treated veins & significant bruising, do not take aspirin or other anti-inflammatory products (Anacin, Bufferin, Advil, Ibuprofen or Nuprin) for one week before & after treatment. Tylenol may be used.
- Rejuvenations sells "Sinnech" Arnica homeopathic tablets that are a remedy to reduce bruising. The first tablet is taken after treatment so you are fine to purchase after treatment. Vitamin K cream has also been reported to reduce bruising for those who tend to bruise easily and is available at drug and health stores.
- To decrease swelling, ice can be applied, 20 minutes on, 20 minutes off. Swelling will resolve by itself in a few hours. Bromelain (Found in pineapple juice) 750mg four times per day is a homeopathic remedy utilized to reduce swelling. Do not take on an empty stomach.

IMPORTANT: Even after the majority of veins have been treated, new spider veins can develop. Please talk with your laser technician about a follow up evaluation in 6 weeks.

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