

RENAISSANCE LASER AND VEIN INSTITUTE

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Post Care for Vascular Laser Treatments

For best results please follow these instructions

After your treatment:

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage.
- During the first two weeks after treatment, the veins often look a bit darker, and bruising can occur. Four weeks after treatment, you may notice some skin discoloration. Bruising, redness, and swelling are common and should resolve with time.
- A “bug bite look” is common and usually resolves in 1-2 days.
- Avoid heat including hot tubs, saunas, etc. for 3-4 days after treatment.
- For face and chest, avoid skin irritants a few days post-treatment. This includes products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc. Facial veins can be re-treated in 4 weeks.
- Notify clinic of any concerns (blistering, excessive redness/swelling, etc.)
- Leg vein treatments only:
 - Avoid high impact activity 3-5 days.
 - Hemosiderin staining (brown staining) may occur after a treatment and usually resolves with time (can take 1-2 years) but, on a rare occasion, it may be permanent.
 - Strict avoidance of sun exposure may decrease risk of permanent hemosiderin staining
 - Compression Stockings are encouraged but not mandatory.
 - Leg veins can be re-treated in 6-8 weeks.
- It may take multiple treatments to obtain optimal results and no guarantees are made. You may not experience complete clearance and in rare cases, some conditions may not respond at all, or may become worse. Patients can achieve desirable results with several treatments. Laser treatment for spider veins is very successful and although the procedure works for most patients, there are no guarantees for success. If the veins respond to treatment, they will not reappear.
- Additional instructions: