



Laser Leg Veins Pre/Post Instructions

Pre-Treatment Instructions:

- Plucking, waxing and electrolysis should be discontinued at least 6-8 weeks before the laser treatment as these techniques pull the hair shaft from the follicle. Shaving and depilatory creams are allowed because they leave the hair shaft in the follicle. Since the laser targets the pigment in the hair shaft, it is essential that the hair shaft be present at the time of treatment.
- Avoid sun exposure (Sunscreen SPF 50 daily with Zinc or Titanium and do not tan at all – including self-tanner) for 4 to 6 weeks before and after treatments.
- Do not use any retinol products (or products containing tretinoin) or exfoliants on the area to be treated for one week.
- Accutane (or isotretinoin products) must be discontinued at least 6 months prior. Let your doctor know if you have a history of hyperpigmentation.
- Inform us if you have a history of Herpes or Cold Sores. We may write you a prescription for a prophylactic antiviral therapy to start on the day of the treatment to prevent a flare up. If you have a current prescription, Valtrex 500mg should be taken by mouth twice daily on the day before, the day of, and the day after your treatment.
- Inform us if you have had any cosmetic tattooing/ microblading of brows on or near the area to be treated.
- Do not expect an ideal response if you have blond, red, gray or white hair. Using dye to darken the hair does not improve the response.
- Photosensitizing medications including doxycycline and minocycline should be discontinued three days prior to the treatment.
- Shave before your treatment, preferably the night before. It's important that the hair shaft (with pigment) be present in the follicle below the skin, but the hair NOT be present above the skin. If the external hair shaft is present, the laser will burn it and possibly burn your skin. Do not wear deodorant (if applicable).

Post-Treatment Instructions:

- Swelling and redness around the hair follicles after your laser treatments is expected. The sunburned feeling and swelling usually last 1-3 hours. Applying ice will give relief and reduce the swelling duration. A topical otc cortisone cream can also be used. The redness may last a few days, but can be covered up by applying makeup.
- Your skin may be fragile for 2-3 days. Use gentle cleansers, do not rub the skin and avoid hot water during this time. You may shave the area 24 hours after treatment.
- Do not use deodorant for 24 hours after laser hair reduction of the underarms.
- Do not use any retinoids, tretinoin, alpha or beta hydroxy products, vitamin C products, chemical peels, scrub, exfoliate or use your Clarisonic on the area treated for one week.
- Moisturize as needed. Makeup can be applied immediately (if the skin is not broken).
- Avoid the sun and use Sunscreen SPF 50 with Zinc or Titanium. Avoid excessive heat or friction to the treated area (heavy exercise, saunas) around treatment time.
- Do expect that it will take several treatments to achieve the desired results. Laser treatments are only effective in the ANAGEN phase of the hair growth cycle. Some of the hair in the treated area may be in different phases of the growth cycle and will need to be treated once they get to the anagen stage. Regular and appropriate scheduling is vital to achieving optimal results.
- If you experience any blistering or increase pain, are concerned about infection, any pigment changes that are bothersome or persist beyond 4 weeks, please contact us.