

ABBHEY AESTHETICS

860-242-0497

RECOMMENDED PRE & POST CARE FOR VASCULAR TREATMENT

For best results please follow these instructions

Before your treatment:

- Do not wear make-up on the day of treatment.
- No sun-tanning or self-tanners 4 weeks prior to treatment (including spray tans, tanning lotions, tanning beds, sun exposure, etc.).
- Some medications or supplements may increase the risk of bruising. Consult with your physician.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.).
- Notify our office with any changes to your health history or medications since your last appointment.
- History of herpes or cold sores may require an anti-viral prescription prior to treatment.

After your treatment:

- Avoid sun exposure, use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage.
 - Bruising, redness, and swelling are common and resolve with time.
 - A "bug bite look" is common and usually resolves in 1-2 days.
 - Avoid heat- hot tubs, saunas, etc. for 1-2 days.
 - Avoid skin irritants a few days post-treatment. Examples include products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
 - Notify our office of any concerns (blistering, excessive redness/swelling, etc.).
 - Leg vein treatments only: Compression stockings (20-30 mm/hg) are optional. Avoid high impact activity for 3-5 days. Hemosiderin staining (brown staining) may occur after a treatment and usually resolves with time (can take 1-2 years) but, on rare occasions, it may be permanent. Strict avoidance of sun exposure may decrease risk of permanent hemosiderin staining. Large leg veins may take many months to resolve and should not be re-treated before then.
 - Consult with our office about when to resume your normal skin care regime.
 - Additional instructions: _____
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