

**Pre-Treatment Spider Vein:**

- No prolonged sun exposure to the areas being treated 1 week prior to your treatment. Treatments cannot be performed on sunburned or recently tanned skin. This includes no use of tanning bed or tanning lotions.
- No treatment if currently pregnant or breastfeeding.
- No use of Accutane for the last 12 months or antibiotics in the last 2 weeks.
- If you tend to easily bruise or swell, you may begin an OTC Arnica regimen as directed 3 days prior to treatment.
- If an active wound occurs in treatment area, please contact the office to reschedule your procedure.
- On the day of treatment do not apply moisturizers.

**Post-Treatment Spider Vein:**

- Immediately following treatment, the skin may feel hot like a mild sunburn sensation. This will slowly resolve over the next few hours. Expect to be red and puffy.
- Bruising is common and may last up to several weeks.
- Treatment site may result in a raised red lesion (appearance like a cat scratch). This should resolve over the course of the next several weeks.
- For additional treatments allow 8 weeks between sessions for the site to fully heal.
- Avoid shaving directly over the treatment site until fully healed.
- If you tend to easily bruise or swell, you may use OTC Arnica regimen as directed for 3 days following treatment.
- You may take Tylenol or Ibuprofen to alleviate discomfort and/or swelling.
- Avoid prolonged exposure to the sun for at least 1 week after treatment. It is recommended to use a medical grade broad spectrum UVA/UVB of SPF 30 or greater at all waking hours.
- Avoid sweating, steam rooms, saunas, swimming, and hot tubs until redness has resolved.
- Do not wash the treatment area or shower for a minimum of 4 hours post treatment.
- Please call our office 916-242-2662 if you have any questions or concerns.

