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Better Options. Healthier Legs.®

Patient Instructions For Surface Laser Treatment

Before your treatment:

- **Eat a nutritious breakfast/lunch prior to the procedure.** Maintain adequate hydration prior to and after the appointment.
- Do not wear makeup/moisturizer on the day of treatment
- No sun-tanning or self-tanners 4 weeks prior to treatment
- Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Some medications or supplements may increase the risk bruising. Please hold aspirin/anti-inflammatories (Including ibuprofen or naproxen) for 5-7 days prior to visit.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)
 - > **Shaving of area to be treated is required prior to treatment**
- Notify office with any changes to your health history or medications since your last appointment
- A history of herpes or cold sores may require an anti-viral prescription prior to treatment
- Doxycycline, minocycline, or tetracycline should be held for 2 weeks prior to treatment. Most patients can resume these medications 4-6 weeks post treatment
- Please inform your physician if you have been treated/undergoing treatment for melanoma or other skin cancers
- **For spider vein treatment, please bring your compression stockings to the office.** We will only require you to wear stockings on the leg we treat.

After your treatment:

- Minimize sun exposure and use a broad spectrum (UVA/UVB) sunscreen (SPF>30)
- Bruising, redness and swelling are common and resolve with time
 - > Use of Arnica cream/gel up to three times daily may help with the bruising
- A "bug bite" or "cat-scratch" appearance is common over treated areas and usually resolves in 1-2 days
- Avoid heat – hot tubs, saunas, etc. for 4-6 days
- Avoid skin irritants (examples below) 7 days post-treatment
- Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Notify office of any concerns (blistering, excessive redness/swelling, etc.)
- **For spider vein treatment, compression stockings (20-30 mm/hg) are required for 3-5 days post treatment**
 - > Brownish discoloration (hemosiderin staining) may occur after a treatment and usually resolves with time (up to 6-12 months) but, on a rare occasion, it may be permanent
 - > Avoidance of sun exposure/regular use of sunscreen may decrease the risk of hemosiderin staining
 - > **Please** avoid use of iron containing supplements during the first 4-6 weeks of your treatment protocol.
- **Please** limit exercise to walking on the day of a surface laser session. Running, weightlifting, and other high impact activities may be resumed the next day.
- Treatment results may take up to 8 weeks and may require multiple treatments

Remember: Dr. Schoonover and his team may be reached after hours at 317.348.3020.

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