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## Overview of Surface Laser (Vascular and Hair Reduction) Treatment

### Before your treatment:

- No sun exposure (sun-tanning), spray tans, or tanning lotions **4 weeks** prior to treatment.
- Some medications or supplements may increase risk of bruising. Please hold aspirin, anti-inflammatories (ibuprofen or naproxen), iron, and fish oil **7 days** prior to appointment.
- Avoid treatments that may irritate the skin for **1-2 weeks** prior to treatment (waxing, depilatories, etc.).
- For laser hair reduction-it is recommended to shave areas a few days prior to treatment.
- Any active outbreak of herpes or cold sores will need anti-viral medication prior to treatment.
- Retinol, Doxycycline, minocycline, or tetracycline should be held for **2 weeks** prior to treatment. Most can resume these medications **4-6 weeks** post treatment.
- If you have a history of skin cancer and are currently undergoing treatment, clearance from a dermatologist must be obtained prior to treatment.
- **For spider vein treatment**, bring your compression stockings to your appointment.

### After your treatment:

- It is recommended to minimize sun exposure and use a broad spectrum (UVA/UVB) sunscreen (SPF>30) for **4 weeks** post laser treatment.
- A “cat-scratch” look is common in treated areas and resolves in **1-2 days**.
- “Bruised” type appearance can last **4 weeks** post treatment and will slowly resolve, with full results **8 weeks** post treatment. A second session might be needed depending on results.
  - > Arnica gel/cream up to three times daily helps with bruising and can be started immediately after treatment.
- Avoid saunas, hot tubs, and hot baths for **3-5 days** post treatment. Avoid intense exercise for **2 days** (including running, cycling, and leg weights).
- Compression stockings (20-30mmHg or higher) are required for **3-5 days** post laser treatment for spider veins.

**Remember:** The IVL provider team may be reached after hours at 317.348.3020.

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