



### **Vascular Reduction Pre-Treatment Instructions**

- Discontinue medications or supplements that may “thin” your blood one week prior to vascular treatments to minimize bruising and improve the success of your treatment. This includes fish oil, flaxseed oil, Vitamin E, ginkgo biloba, and anti-inflammatory medications (ibuprofen, Motrin, Aleve). If you are taking aspirin electively and not upon the advice of your physician, then you may stop it for 48 hours prior to your treatment. Do not stop aspirin or anticoagulants if prescribed or recommended by your physician.
- You may wish to bring a pair of shorts to wear during your treatment if you are having your legs treated.
- If facial veins are being treated, there may be minor bruising and/or swelling following treatment. This can typically be covered using make-up. Plan accordingly since your face may show slight evidence of the laser treatment for a week or more.
- If leg veins are being treated, there may be minor bruising, discoloration, and welting over treatment sites. Larger leg veins may appear bruised for a period of time after treatment. Full results can take weeks or months to be realized. Plan and schedule treatments accordingly, allowing for healing time and time for your treatment results to evolve to completion. The best time to treat leg veins are in fall, winter and spring when you are less inclined to wear shorts or be exposed to sun.
- Plan treatments allowing for a period of no sun exposure, vigorous activity or use of hot tubs, saunas or spas for 48 hours after treatment.