



LEG VEIN REMOVAL

PRE & POST TREATMENT CARE

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PRE TREATMENT CARE

- Avoid any irritants to your skin such as any products containing retinol, benzoyl peroxide, glycol/ salicylic acids, or astringents for 1 week before your laser vein treatment.
- Do not use self-tanning agents for at least 2 weeks before your first laser spider vein treatment. Discontinue use until at least 2 weeks after your final treatment.
- 1 hour before your vein removal treatment, you may take 2 Extra Strength Tylenol to minimize discomfort.
- To minimize the opening of the treated veins & significant bruising do not take aspirin or other anti-inflammatory products (Anacin, Bufferin, Advil, or Nuprin) or Omega 3, 6 or 9 (Fish oil supplements) for 1 week before treatment. Tylenol may be used.

POST TREATMENT CARE

- Avoid any irritants to your skin such as any products containing retin-a, retinol, benzoyl peroxide, glycol/salicylic acids, or astringents for 1 week after your laser leg vein treatment.
- Do not use self-tanning agents for at least 2 weeks after your final treatment.
- To avoid the opening of the treated veins & significant bruising do not take aspirin or other anti-inflammatory products (Anacin, Bufferin, Advil, or Nuprin) or Omega 3, 6 or 9 (Fish oil supplements) for 1 week after treatment. Tylenol may be used.
- To decrease any discomfort after laser spider vein removal treatment, support hose or an ace bandage MAY be helpful. It may also help in reducing the amount of bruising.
- Post leg vein removal bruising will be minimized by applying Vitamin K or Arnica Cream.
- To decrease swelling, ice can be applied, 20 minutes on, 20 minutes off. Swelling will resolve by itself in a few hours.

Additional spider vein treatments may be necessary. Make an appointment for evaluation in 6 weeks.