



## **Spider Vein Laser Treatment**

***Contact our office with any questions or concerns at 210-245-4050***

### **Pre Treatment Instructions**

- **On average, each spider vein requires 2 to 4 treatments before resolution.**
- Bring a pair of loose fitting shorts with you to each visit.
- Purchase compression stockings and bring them with you to each visit.
- Do not wear any lotion on your legs the day of treatment. You may apply moisturizer to your legs 24 hours after treatment

### **Post Treatment Instructions**

- Wear compression stockings during day hours for 5 days after treatment.
- Avoid strenuous exercise for one week post treatment. Walking is encouraged.
- Expect to have minimal to mild pain, bruising and swelling for the first 24 hours after treatment.
- Avoid Motrin and Aspirin. Tylenol is okay for any discomfort/pain.
- Do not rub, scratch, or pick the treated areas. If a crust develops apply a thin layer of vaseline or antibiotic ointment to the affected area several times a day to keep it moist.
- Do not shave for 1-3 days if blistering and/or crusting occur.
- Do not swim or use hot tubs for 3 weeks after your treatment.
- No airplane rides for at least 2 weeks after treatment.
- Avoid exposure to the sun or tanning beds. Apply sunscreen with SPF 30 or greater whenever sun exposure is unavoidable.