



## **Laser Vein Treatment**

### **Before Treatment:**

The laser treats spider veins by targeting the pigment in the blood vessels. The laser energy is then converted to heat which destroys the veins. This laser is not able to effectively destroy veins bigger than 2mm (thickness of a nickel). Veins 2-3mm are better treated with another treatment called 'sclerotherapy'. That involves injecting the veins with a solution called Asclera and wearing compression hose for 3-5 days. If you have larger varicose veins (the thick, blue obvious rope-like type of veins), you will be referred to a vascular surgeon since they are the only specialists qualified to treat larger veins.

Do not use self-tanning lotions or do any tanning one week prior to your laser treatment. The extra pigment in the skin from the tan (fake or real) will attract and distract the heat energy away from the veins and towards the surrounding skin. If enough pigment is present, the energy deposited can increase the risk for burns, ulcers, scarring and permanent pigmentation changes in the skin. REGARDLESS of the amount/frequency of any SPF usage, any patient arriving with a sunburn or dark/recently tanned skin in the treatment areas will be rescheduled for safety. If we must cancel your treatment due to inability to perform laser safely over excessively tanned or sunburned skin, you will be charged for a last-minute no-show/cancellation with less than 24 hours notification.

If you are having laser vein removal treatment of the legs, please shave the area and do not apply lotion to legs on day of appointment. Leg hair has pigment and the laser can be attracted to it, and we don't want the laser going to the wrong target.

For facial vein treatment, please shave any facial hair just prior to your appointment (if needed) and come with no makeup. All make up in the treatment areas must be cleaned prior to treatment because it contains pigment and we do not want the laser attracted to the makeup instead of the veins. If you used any moisturizers, lotions, serums, creams or any other topical products that are not visually obvious prior to your appointment, please let your laser nurse know so she can wash it off as well.

If any of the following conditions have occurred since your initial consultation for Vein Treatments, you will need to schedule another consultation with LouAnn Perugini, APRN:

- Bleeding or clotting disorder
- Stroke
- Blood clots
- New prescription for aspirin or blood thinners

### **During Your Treatment:**



## Anti-Aging And Medical Skin Care Center

If you are getting facial veins treated, your eyes will be protected with either a solid metal eye shield completely covering your eyes. If you are getting leg veins treated, you will be given dark colored plastic goggles. If you are not able to lay still for a few minutes with eyes covered or have claustrophobia prohibiting your ability to wear metal eye shields for a few minutes, then you should not schedule this treatment.

The laser is very quick and comfortable. A thin layer of ultrasound water-based gel is spread over the treatment areas first, then you may feel a mild millisecond of heat as the laser goes into the skin, but it resolves quickly. The laser wand also has a cooling tip on the part that touches the skin which can give a cold sensation as well.

### **After Treatment:**

Please be aware that (while rare) you may expect a slight discomfort, redness, and/or irritation during and after treatment. If any discomfort or irritation persists more than 8 hours, please notify the clinic.

Most everyone developed little red 'hive' bumps from the laser which is temporary and typically less than an hour before resolving on its own.

Bruising, red, purple and blue blotches will happen and typically resolves on its own. It is not uncommon for the treated veins to remain visible for 3 to 12 weeks before dissipating. This is due to localized leaked blood under the skin as the veins are destroyed and from residual clotted blood in the vessel.

In most the patients with larger or close clustered areas of veins, the treated skin may open in small areas causing crusts, scabs, ulcerations or tiny blister. This happens frequently and typically heals without problems. Do not scratch, rub or pick at these open areas—this could cause permanent scarring, pigmentation changes and/or infection. Keep the areas clean by washing everyday with soap and lukewarm water (not hot) and apply a thin layer of antibiotic ointment such as Polysporin (no Neosporin please). Treated correctly, the open areas of skin should heal without scarring.

It is very important to avoid direct sun or tanning exposure to the treated areas for 2 weeks afterwards to avoid delaying wound healing.

Reddish-brown spots called hemosiderin staining are caused by a release of iron from the red blood cells rupturing and can remain for up to 6 months or even be permanent. This is a risk anytime blood cells leak under the skin, whether it is from a simple sliver in your finger, a paper cut or a laser. This cannot be predicted or prevented and is also discussed on the consent form.

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It is possible to have a dull achy pain from treatment of larger veins for 1-2 days post treatment. Feel free to take any over-the-counter pain medications you would normally take for any discomfort.

For best results, do not engage in vigorous aerobic activity or high impact exercises such as running, hiking or jumping for approximately 72 hours post treatment of the legs. This includes any heavy weight squats or presses.

The skin of the treated areas may occasionally itch. This is a sign of healing. Keep areas hydrated with any gentle moisturizer and apply over-the-counter hydrocortisone cream to itchy areas 3-4 times daily until itchiness subsides or no longer than 5 days.

Please call us if you develop any isolated collection of swelling under the skin, increased pain, bleeding, problems healing or any questions or concerns.

#### **LouAnn Perugini, ACNP, FNP, DCNP, CANS**

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