



## LASER VEIN THERAPY

### Pre & Post Care Instructions

**IMPORTANT- USE OF ANTIBIOTICS - Before each treatment, please inform us if you are taking any new antibiotics or medications as they may make your skin photosensitive and likely to burn or blister. If this is the case, we may not be able to treat you for one to two weeks after completion of the medication.**

- If possible, please do not wear any makeup prior to your facial treatment.
- Taking a daily antihistamine (Generic is fine) for five days before and after may help reduce swelling side effects from the EXCELV laser. Facial swelling may also be helped post treatment by sleeping with your head elevated with an extra pillow.
- You must avoid any irritants to your skin, such as any products containing Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids or astringents for one week before and after your treatment.
- To avoid the opening of the treated veins & significant bruising, do not take aspirin or other anti-inflammatory products (Anacin, Bufferin, Advil, Ibuprofen or Nuprin) for one week before & after treatment. Tylenol may be used.
- To AVOID hyperpigmentation (dark spots) after treatment, do not expose yourself to the sun without at least 30 SPF sunscreen. Remember the sun's harmful rays can penetrate clothing. In addition, you must avoid the use of self-tanning agents, spray tans, tanning beds or any other artificial pigment to the skin while undergoing treatment and for at least three weeks prior to the first treatment.
- Rejuvenations sells "Sinnech" Arnica homeopathic tablets that are a remedy to reduce bruising. The first tablet is taken after treatment. Vitamin K cream has also been reported to reduce bruising for those who tend to bruise easily and is available at drug and health stores. Bromelain (found in pineapple juice) 750mg may also be helpful with swelling and bruising.
- To decrease swelling, ice may be applied, 20 minutes on, 20 minutes off. Swelling sometimes will resolve by itself in a few hours, though some clients may appear swollen for a few days – especially if treated on areas near/under the eyes.

**IMPORTANT: Even after the majority of veins have been treated, new spider veins can develop. Please talk with your laser technician about a follow up evaluation in six weeks.**

### Emergency Information

Please contact Rejuvenations Medical Spa at 803-781-1201 during regular business hours if there are any questions or concerns with your treatment.

For after hours or weekend, if you are concerned about anything you consider significant (non-medical) about your treatment, please call 803-781-1201. When voice prompted, SELECT OPTION TWO to leave a voicemail for Amy Powers Estes, the Managing Owner. She will be notified with an automatic transcribed message and will contact you upon receipt.