

**Patient Name:** \_\_\_\_\_

**Pre-Treatment**

- Notify your practitioner of any medications you have used within the last 6 months. \*Blood thinning medications can hinder the results of vein treatments.
- Notify your practitioner if you have a history of perioral herpes.

**Immediately Before Treatment**

- If applicable, shave or trim any hair in the area to be treated. This will help achieve the best possible results.
- Remove any make-up and/or lotions and make sure that the skin is dry in the area to be treated.
- If having leg veins treated, bring a pair of shorts to wear during your session.

**Post-Treatment**

- You may return to your normal daily activities immediately after your treatments, but refrain from vigorous exercise for 3 days post-treatment.
- Avoid extended sun exposure or tanning for at least 1-week post treatment.
- Keep the treatment site moist by reapplying ointment (e.g., Aquaphor) multiple times per day for a week after treatment. Should any scabbing occur, do not pick or scratch at the treated skin.
- Veins may convert to what looks like a cat-scratch from 24 hours up to 2 weeks post-treatment. This is a normal occurrence. Veins may disappear and re-appear for a period of up to 3 months post-treatment.
- Avoid blood thinners for 1-2 weeks post-treatment. Avoid hot showers, baths, saunas and steam rooms for 48 hours post-treatment.
- To achieve the best results, complete the full treatment schedule at the intervals recommended by your laser practitioner.

Your next scheduled appointment will be \_\_\_\_\_.

Other recommendations

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