



Advanced[®] Dermatology

Skin Cancer and
Laser Surgery Center, P.C.

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Board Certified Dermatologists

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Recommended Pre & Post Care for Vascular Treatments

For best results please follow these instructions.

Before your treatment:

- Do not wear makeup on your face on the day of treatment, or lotion on the body part being treated
- No sun-tanning or self-tanners 4 weeks prior to treatment. This includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Some medications or supplements may increase the risk of bruising. Consult with you physician.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)
- Notify clinic with any changes to your health history or medications prior to treatment
- History of herpes or cold sores may require an anti-viral prescription prior to treatment if you are prone to them on the area being treated.
- Clean shave the treatment area the night before or day of treatment

After your treatment:

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage.
 - Bruising, redness, and swelling are common and resolve with time.
 - A "bug bite" look is common and usually resolves in 1-2 days.
 - Avoid heat – hot tubs, saunas, etc. for 1-2 days. Avoid extreme cold, wind.
 - Avoid skin irritants a few days post treatment.
-Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
 - Notify clinic of any concerns (blistering, excessive redness/swelling, etc.)
 - Leg vein treatments only:
-Compression Stocking (20-30 mm/hg) are optional
-Avoid high impact activity 3-5 days
-Hemosiderin staining (brown staining) may occur after a treatment and usually resolves with time (can take 1-2 days) but, on a rare occasion, it may be permanent.
-Strict avoidance of sun exposure may decrease risk of permanent hemosiderin staining.
 - Consult with the clinic about when to resume your skin care regime.
 - Additional Instructions: _____
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