

VEIN & CAPILLARY THERAPY:

Pre Treatment Instructions:

- Do not workout 24 hours prior to treatment.
- Do not have direct sun exposure, use tanning beds or sunless tanner for 4 weeks prior to treatment.
- Shave the area to be treated the day before treatment.
- Do not take any antibiotics or medication that can cause photosensitivity for 2-3 weeks prior to treatment. Some antibiotics and medications cause photosensitivity which will increase the likelihood of burns.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment such as retinoids/retinols, waxing, depilatories, prescription topicals, etc.
- History of cold sores may require an antiviral prescription prior to treatment.
- Please notify SpaDerma with any changes to your health history or medications since your last appointment. Please note that anticoagulants could inhibit bruising.

Post Treatment Instructions:

- Cold compresses or chilled gel-packs may be applied post treatment.
- Compression stocking (30-40 mm Hg Pressure) are required in order to obtain optimal results. Wear these compression stockings immediately post treatment for up to 2 weeks post treatment. Stockings may increase comfort and help reduce bruising.
- Avoid heat and excessive exercising 48 hours after treatment.
- Hot tubs and saunas should be avoided for two weeks to avoid venous dilation.
- Avoid direct sun exposure 7 days post treatment and always apply broad spectrum UVA/UVB sunscreen of at least SPF 30 to help avoid pigmentation changes and burns.
- The recommended time interval between treatments is 8 weeks or longer, depending on the rate of clearance. Please advise with your service provider.
- Larger reticular vessels may take months to resolve and should not be re-treated before then.
- Please notify or reach out to your service provider for additional inquiries.

What to Expect Post Treatment:

- Swelling, bruising and redness are common and resolve within time. Apply cool compresses/ice packs immediately if swelling occurs. (20 minutes on and 20 minutes off 5 times a day is a general guideline).
- Use of compression stockings should be expected for up to 2 weeks post treatment.
- Bruising is possible and usually fades within 1 week.
- Multiple treatments should be expected to acquire optimum results.

Complications:

- If blisters or bleeding are present, infection is possible. Scarring and associated pigment changes may result from an infection. Please call our office if you are expecting blisters and/or bleeding.
- Matting of veins - Matting is the development of extremely fine networks of spider veins. The cluster of tiny, almost microscopic spider veins may appear as a red or purple patch called blushing or telangiectatic matting - these can be mistaken for bruises and unlike bruises, matting does not fade with time.
- Hemosiderin staining of skin, iron leaking into tissue from blood breakdown, may occur and usually resolves over time but may be permanent.
- Pigment Changes: The treated area may heal with increased or decreased pigmentation. This occurs most often with darker pigmented skin and after sun exposure to the area. The treated area must be protected from exposure to the sun with a broad spectrum UVA/UVB sunscreen of at least SPF 30 for 2-3 weeks post treatment. This will help minimize the changes of hyperpigmentation. However, some pigmentation changes may occur even if the area has been protected from the sun. These spots usually fade between 3-6 months. In other cases, reduction of pigment (hypopigmentation) may occur but is very uncommon. Please inform your technician immediately if you think you have pigmentation changes. In rare occurrences pigment change can be permanent.