



# DR. NORKIEWICZ

GENERAL SURGERY & LASER TREATMENT CENTER of LUBBOCK

806-771-3680 • fax 806-771-3678 • 3711 22nd Street, Suite C • Lubbock, Texas 79410

## SPIDER VEIN THERAPY PRE/ POST TREATMENT CARE

### Pre treatment Instructions:

- The area to be treated should not be exposed to the sun or tanning bed for 4-6 weeks before treatment. Apply SPF30 sun block on all treatment areas exposed to the sun. Treatment of tanned skin can cause blistering and hypopigmentation (white spots) that can last for months.
- If you use tanning cream, do not apply to treatment areas for at least 10 days prior to treatment.
- Clients with poor circulation, such as with diabetes, or taking blood thinners, like coumadin, may have poor or delayed healing if treated with the laser for leg veins.
- Tell us if you have taken Accutane in the past six months or are planning to begin taking Accutane.
- Inform us of any changes in your medical history since your last visit.
- Shave the area to be treated within 12 hours prior to the treatment if necessary.
- Do not use aspirin, NSAID's (ibuprofen, Naprosyn, Motrin, Alleve, etc), vitamin E, or supplements containing angelica root, ginko biloba, garlic, ginger, feverfew, dong quai, chamomile, clove, or licorice for seven days prior to vein treatments.
- Do not use tetracyclines, Zithromax, zithromycin, Z-pack, or St. John's wort for seven days prior to vein treatments.
- Do not take iron supplements or vitamins containing iron within three weeks of a vein treatment. This makes you more susceptible to hyperpigmentation (increased pigment/ brown spots).
- Do not drink alcohol 24 hours prior to treatment.
- On the day of the procedure, do not use skin cream, lotion, or make up in the areas to be treated.

### Post treatment Instructions:

- Immediately after treatment, cold compresses may be applied to reduce redness and swelling.
- Expect some redness and swelling, which may convert to a "cat scratch" scab for tow to three weeks. Elevation of your legs can help reduce swelling and discomfort.
- Avoid sun exposure and wear SPF30 sun block for one month after treatment on all treated areas that may be exposed to the sun.
- Use support hose with 20 – 30 psi compression at all times for seven days. We do stock Jobst brand hose, and you are welcome to purchase them from us, or you may bring some hose with you to your appointment. If a pressure dressing is placed, leave it on for 24 – 48 hours.
- Do not wear make up for the rest of the day if facial veins were treated.
- Do not exercise for five days after treatment.
- Do not use alcohol, aspirin, Advil, or any blood thinners for five days after treatment.
- Do not take hot showers, baths, use hot tubs or saunas for five days after treatment.
- Leg vein resolution usually takes about 8-12 weeks. Facial vein resolution takes up to two weeks. At the end of the process, some vessels may be gone, while others may be lighter or not affected.
- Please call us at the first sign of persistent pain, or blistering at (806) 771-3680.