

# Laser Vein Treatment

## Frequently Asked Questions

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### **Will laser therapy work on my leg veins?**

Although there is no way to tell for sure which veins will respond, a consultation with the doctor to evaluate and access your veins will be required. Prior surgery or treatment on your veins could affect the treatment outcome. In some cases, further testing may be recommended to determine if there are underlying venous problems.

### **What does it feel like?**

As with other laser-based procedures, most patients describe the sensation as similar to a rubber band being snapped against the skin. The Smartcool™ Chiller helps to numb the area prior to treatment, greatly reducing any painful sensations.

### **How long will the treatment take?**

Treatment time should be 15 to 30 minutes but may vary depending on the number and size of the vessel(s) to be treated.

### **How many treatments will I need?**

In many cases, significant improvement is realized in as few as 1 to 3 treatments. In some cases new spider veins may appear, therefore, additional treatments may be necessary. Treatments are at 8 week intervals.

### **When can I resume normal activities?**

Although we encourage you to resume normal activities almost immediately, we do ask that you refrain from vigorous exercise and avoid hot tubs for at least 24 hours post treatment. Also avoid direct sun exposure after treatment and if you do go in the sun, protect the treated area with a minimum SPF 30 Sun Block (not sunscreen). You may also be asked to wear some sort of compression device (either compression stockings or a tensor wrap) depending on the size of the treated veins.

### **What will the laser do to the veins?**

When treating vascular lesions, the blood temperature at the targeted area is elevated to a level that causes coagulation without damage to the epidermis or surrounding tissue. Because the laser energy is absorbed by melanin in the epidermis as well as the desired target of hemoglobin, the SmartCool system is used to cool and protect the epidermis. Multiple treatments may be necessary to obtain a satisfactory response for some leg veins.

### **Will the veins come back after they are treated ?**

While most laser treatments should not be considered permanent, laser vein removal effectively eliminates the treated vein from ever returning. Some patients do have a natural tendency to form spider veins, which will lead to the formation of new clusters in other areas, months or years following the initial treatment. We recommend that you have those areas treated as they appear during a touch-up or maintenance session.

## Laser Vein Treatment Patient Information

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- ☞ Each individual's treatment response is different; therefore, laser treatment results may vary and could range in number of treatments to achieve desired results or may be minimal or rarely not help at all. **Clinical results depending on skin type and treatment area.**
- ☞ Some discomfort may be experienced during laser treatment
- ☞ **If you've had sun exposure or used a tanning bed** within a 2-day period there is a risk of possible pigment change or blistering
- ☞ During the healing process, there is a slight possibility that the treated area can become either lighter (hypo-pigmentation) or darker (hyper-pigmentation) in color compared to the surrounding skin. This is usually a temporary condition; however, on a rare occasion, it can be permanent. It is **IMPORTANT** that I follow all post-treatment instructions carefully
- ☞ The procedure involves a laser which coagulates the vessels and a bruising effect could last **up to 6 months**
- ☞ Bruising can be *minimized* by the use of compression devices such as compression stockings (available at your local pharmacy) or a simple tensor wrap
- ☞ There is a possibility of rare side effects such as scarring and permanent discoloration as well as short-term effects such as reddening, irritated raised rash, blistering, mild burning, swelling, bruising, numbing or temporary discoloration of the skin
- ☞ Side effects such as swelling, blistering, crusting, or flaking of the treated area, may require one to three weeks to heal. Once any of these conditions have healed, the treated area may still be sensitive to the sun for an additional two to four weeks, or possibly longer in some patients

## Laser Vein Treatment Pre-Treatment Instructions

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- ☞ **If you've started any antibiotics or any other medications that may make you photo sensitive, please let us know.** We may have to reschedule your appointment. Also notify the RN/Tech if there has been any change in your health status (new medications, heart condition, etc.).
- ☞ **Sun exposure and tanning beds should be avoided for several days' pre and post treatment** to avoid blistering. If self tanner is used, you should wait 2 weeks after application to avoid any discoloration. If sun exposure is unavoidable, use a minimum SPF 30 SUNSCREEN (UVA/UVB).
- ☞ **For maximum desired results, multiple treatments will be required at regular scheduled intervals.**

## Laser Vein Treatment Post Treatment Instructions

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- ☞ **Care should be taken to prevent trauma to the treated area** for the first 24 hours following treatment
- ☞ **A minimum SPF 30 sunscreen (UVA/UVB) should be used for any sun exposure between your treatments.** Sun tanning and tanning beds should be avoided until any redness and discoloration disappears following treatment
- ☞ Compression devices (compression stockings or a tensor wrap) may be worn for the first 2 weeks while you are awake to minimize any bruising that may occur. Depending on the size of the veins treated, this step may be optional.
- ☞ Avoid any strenuous workout, hot tubs and spas for 24 hours after treatment
- ☞ **If the skin is broken or a blister appears, contact us.** Also, for further protection, keep the affected area covered and moist with vaseline and avoid direct sunlight while experiencing these symptoms. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.
- ☞ Cold packs or ibuprofen (Advil®) may be used to ease any temporary discomfort
- ☞ Follow-up examination is recommended 2 weeks after your first visit
- ☞ If subsequent treatments are needed, follow-up should be 6-8 weeks
- ☞ **If you have any questions or concerns, please be sure to call our office at 519.667.1212**