

SOUTHWEST CONTEMPORARY WOMEN'S CARE, P.C.
Recommended Pre & Post Care for Vascular Treatments (Limelight or Nd:YAG)

For best results please follow these instructions.

Before your treatment:

- Review the Anti-Bruise Protocol, available on our website at SWCWC.net, select Aesthetics, then Forms.
- If possible, do not wear makeup on the day of treatment.
- No sun-tanning or self-tanners 4 weeks prior to treatment.
 - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Some medications or supplements may increase the risk bruising. Consult with your physician.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, harsh chemicals, chemical peels, etc.).
- Notify your laser technician of any changes to your health history or medications since your last appointment.
- History of herpes or cold sores may require an anti-viral prescription prior to treatment.

After your treatment:

- Avoid sun exposure and use a broad-spectrum (UVA/UVB) sunscreen to minimize the risk of hyperpigmentation of the treated areas.
- 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 – intense sun, hot tubs, saunas, etc. for 1-2 days.
- Avoid skin irritants (examples below) a few days post-treatment.
 - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Notify SWCWC immediately of any concerns (blistering, excessive redness/swelling, etc.).
- Leg vein treatments only:
 - Compression stockings (20-30 mm/hg) are optional
 - Avoid high impact activity for 3-5 days
 - Hemosiderin staining (brown staining) may occur after a treatment and usually resolves with time (can take 1-2 years) but, on a rare occasion, it may be permanent.
 - Strict avoidance of sun exposure may decrease risk of permanent hemosiderin staining.
 - Large leg veins may take many months to resolve and should not be re-treated before fully resolved.

Consult with your laser technician about when to resume your regular skin care regime.

You should not have laser treatment at this time if: you are pregnant, you are being treated for skin cancer, or you have an active herpes outbreak or cold sore near the treatment area.

You should advise your technician and discuss whether laser treatment is appropriate at this time if:

- You are taking photosensitizing medication (such as tetracycline, certain antibiotics, etc.)
- You are taking anticoagulant medication or supplements, because it may increase your risk of purpura or bruising
- You have a history of coagulopathies
- You have a history of keloids or hypertrophic scarring
- You have diabetes, because it may impede healing
- You have a history of herpes, because anti-viral medication is recommended
- You are using isotretinoin (Accutane or Roaccutane)
- You have a history of vitiligo.

• Additional instructions: _____

