

BEAUTILASE

34 Target Road, Glenfield, 09 442 2603 or 021 169 4975

Leg Vein Laser Removal Pre and Post Care Instruction

BEFORE THE TREATMENT

- Avoid tanning your legs with either direct sun exposure or artificial tanning products for at least 3 weeks before and after your laser treatment.
- Shave or wax your legs at least 24 hours prior to your leg vein laser treatment.
- Do not apply lotion to your legs prior to having your laser treatment.

AFTERCARE ADVICE - LASER VEIN TREATMENT

- The treated area will be red for some time post treatment.
- Swelling is always present after laser vein treatment, and usually looks like hives, this is normal.
- **No heat treatments** are permitted for **2 weeks afterwards (Sauna, steam room, spas, hot showers & bathes, swimming)**.
- No make-up application for 24hrs, with the exception of mineral make up, which must be chemical free, fragrance free and can be applied immediately afterwards.
- No application of perfumed products or aftershave for 1 to 2 weeks
- **SPF 20 recommended daily for 4 weeks** after on areas exposed to sunlight.
- **Tanning** the skin is **not permitted between treatments**. The skin needs to be as pale as possible for optimum results. (**Tanned skin & darker skin types cannot be treated, as there is a high risk of pigmentation**)
- Aloe Vera gel may be applied to soothe skin if necessary afterwards.
- You may apply a cold pack or a cold face cloth to the treated area when you go home to reduce the nettle rash appearance (slight swelling)
- Do not wear fake tan at your next laser vein treatment, as you can't be treated.
- For leg veins you must arrive at the clinic with legs shaved/waxed (legs must be hair free) prior to the treatment.
- Intervals between treatments are **monthly for facial areas** & up to **6 weeks for legs**.
- **Apply Vitamin C serum daily**, to **strengthen the walls of the veins**, as this helps prevent new veins from becoming damaged.
- Call the clinic if you have any concerns post treatment.
- Individuals, whom flush easily, are more likely to develop new broken veins in the future, so maintenance treatments will be required when this occurs.

AFTER CARE ADVICE FOR HIGH COLOURING

- To reduce new broken veins developing, avoid the triggers. Triggers include:
 - Extreme temperatures (i.e. saunas, steam rooms, sun bathing, hot & cold weather)
 - Hot spicy foods
 - Alcohol
 - Smoking
 - Vigorous exercise (Do gentle exercise instead of vigorous exercise).
- SKIN CARE ADVICE:

1. Protect skin with sunscreen daily to prevent new broken veins
2. Apply pure Vitamin C serum daily, to strengthen the walls of the veins, reducing risk of new damage.
3. Use good quality cleanser & moisturiser to promote healthy skin, which is less prone to damage.