



ATLANTIC VEIN INSTITUTE

Recommended Pre & Post Care for Pigmented Lesion Treatments

For best results please follow these instructions

Before your treatment:

- 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, etc.)
- Notify clinic with 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 prevent further sun damage.
 - Bruising, redness and swelling are common and resolve with time.
 - Treated pigment will turn darker (brown to black) within 24-48 hours.
 - Do not pick at treated areas.
 - Treated pigment will exfoliate off the face in approximately 1 week.
 - Treated pigment will exfoliate off the body in approximately 2-3 weeks.
 - Avoid heat – 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 clinic of any concerns (blistering, excessive redness/swelling, etc.)
 - Consult with clinic about when to resume skin care regime.
 - Additional instructions: _____
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