



VEIN CLINIC | COSMETIC MEDICAL CLINIC | DR. NICHOLAS J. MORISON CCFP

## PATIENT PRE & POST CARE FORM FOR VASCULAR & PIGMENTED LESIONS

For best results please follow these instructions

### BEFORE YOUR TREATMENT:

- No direct sun exposure, tanning beds, spray tans, or tanning lotions 4 weeks prior to treatment.
- Up to date health history of conditions, medications and allergies. **Some medications are photo-sensitizing and increase risk of side effects.** Please consult with your Pharmacist or Physician if you are unsure. (Ex: antibiotics, anti-histamines, aspirin, NSAIDS).
- **History of cold sores or herpes may require an anti-viral prescription prior to treatment. (Ex: Valtrax).**
- Avoid skincare products, prescription topicals or treatments that may irritate the skin for 1-2 weeks prior to treatment. (Ex: retinoids, glycolic acid, benzoyl peroxide, hydroquinone, waxing, chemical peels etc).
- Avoid product and make up prior to treatment.

### AFTER YOUR TREATMENT:

- Avoid direct sun exposure and tanning beds and use a broad spectrum (UVA/UVB) sunscreen with an SPF of 30-50 for 4 weeks after treatment. Continuous use of sunscreen is advised to maintain results.
- **MILD TO SIGNIFICANT redness, swelling/welting, and uncomfortable heat are common and resolve within 24-72 hours for most. Bruising and scabbing can occur and resolve within 7-10 days for most.**
- Aloe vera gel, cold compresses, and wrapped ice packs will help with most common side effects.
- Elevated sleep, OTC 1-2% hydro-cortisone cream, anti-histamines (Claritin), and anti-inflammatories (Advil) may help with significant side effects of redness, swelling, and itching.
- Avoid heat related activities such as: hot showers, hot tubs, saunas, and heavy/strenuous exercise for 24-72 hours.
- Use cool water and use gentle cleansers, moisturizers, and SPF only. Mineral make up can be applied 24 hours post treatment. Regular skincare regime can be resumed once side effects have subsided.
- Avoid smoking, alcohol, caffeine, and spicy foods for 24-72 hours.
- Avoid skincare products, prescription topicals or treatments that may irritate the skin for 1-2 weeks after treatment. (Ex: retinoids, glycolic acid, benzoyl peroxide, hydroquinone, waxing, chemical peels etc).
- **Vascular lesions** will disappear or darken immediately. Please allow 4-6 weeks for full results. \*Leg veins may require longer to improve and require extended post care of 7-10 days along with recommended compression stockings of 20-30 mm/hg.



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- **Pigmented lesions** will darken within 24-48 hours and flake off within 1-2 weeks. Please do not pick the area as this can lead to scarring.

**WHEN TO NOTIFY THE CLINIC:**

- Wounds of burning, blistering, or bleeding. Do NOT ice blisters, cold compresses are fine.
- Excessive and prolonged redness, swelling, heat that is not improving after 72 hours.
- Excessive acne, cold sores, or herpes outbreak.
- **In case of emergency during after hours, weekends, and holidays please visit your nearest Walk-in clinic, Hospital or contact your Physician.**