



bliss dermatology
Michelle Pennie, MD

Laser Treatment for Vascular Lesions

Pre and Post Treatment Instructions

Pre-Treatment

- No sun-tanning or self-tanners 4 weeks prior to treatment including: spray tans, tanning lotions, tanning beds and sun exposure.
- Do not wear make-up the day of treatment
- Some medications such as Aspirin, Ibufrofen and NSAID containing medications and supplements such as Vitamin E, Fish oil, Ginko Biloba, Garlic, Ginseng and St.John's Wort may increase the risk of bruising. Consult your physician.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment such as waxing or depilatories, etc.
- If you get fever blisters or cold sores, please advise the office prior to your appointment. We can prescribe a medication prior to your treatment to prevent an outbreak. We cannot perform the procedure if you have an active outbreak at your scheduled appointment.

Post-Treatment

- Avoid sun exposure and use a broad specturm (UVA/UVB) physical sunscreen containing Zinc or Titanium to prevent further sun damage.
- Bruising, redness and swelling are common and will resolve over time.
- A "bug bite look" is common and usually resolves in 1-2 days
- Notify the clinic with any concerns (blistering, excessive redness/swelling, etc.)

Leg Vein Treatments ONLY:

- Compression stockings (20/30mm.hg) or ace wraps need to be worn continuously for 48 hours then during the day for 5 days. 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 rare occasion it may be permanent
- Strict avoidance of sun exposure may decrease the risk of permanent staining
- Large leg veins may take many months to resolve

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