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KTP and NdYAG Laser Vein and Lesion Removal INFORMATION & TREATMENT INSTRUCTIONS

Spider veins are unsightly little red, blue or purple veins usually found on the face or legs. Cherry angiomas are benign tumors made from blood vessels. Other types of vascular lesions, skin tags, seborrheic keratoses, warts or brown spots from sun damage may also be treated with the laser. Spider veins, cherry angiomas and many types of non-cancerous skin lesions are cosmetically displeasing but rarely cause medical problems. U Cosmetic has the Harmony NdYAG laser and the VariLite KTP laser.

Laser can treat spider and some blue veins on legs that sclerotherapy may not be able to treat. Laser light is pulsed over the spider vein or lesion and feels like a rubber band snap. The laser penetrates the skin to the depth of the spider vein and raises the temperature of the blood vessel causing it to clot. The treated vessel may decrease in size or disappear. The laser also targets superficial skin lesions by heating them up and causing them to crust or scab over and fall off after several days. **Multiple treatments** may be required to remove face and skin lesions. Spider vessels and leg veins may require **4 to 6** or more sessions. ***Although good results are expected, with the focus on improvement rather than perfection, every person is unique and it is impossible to guarantee.***

The majority of individuals have uncomplicated treatments. Expected side effects include **redness** which can last for **1 to 2 days** in the area surrounding the treated lesion or vessel, **swelling** or **darkening** of spider veins or **greying** or **crusting** of skin lesions that can last for **7 to 14** days. Within **1 to 2 weeks**, the **crust or scab** will fall off leaving a pink base. **Discolouration** or **bruising** is uncommon but can last up to a few months. **Blisters** may form. **Bruising** is increased if you take aspirin or other blood thinners. Rare complications include permanent **undesirable pigment changes, burns** and **scarring**. The risk of all side effects increases with treatment of facial veins, tanning or if post-procedure directions are not followed. **Eye damage** can occur if protective goggles provided are not worn. Side effects are worsened by sun exposure. Smoking or second hand smoke exposure can lead to **poor tissue healing** and may increase the risk of **infection** and other complications.

Lasers cannot be used on veins near or on a tattoo. Treatment is **not recommended** if you are pregnant or breastfeeding, have active infection or a tattoo at the site, if you have a sunburn or tan in the treatment area or plan to have UV exposure in the immediate future, have a light sensitive disorder such as porphyria or light-triggered seizures. Certain medications such as thiazides (for high blood pressure), certain antibiotics (such as tetracyclines, fluoroquinolones, griseofulvin or sulphonamides), sulfonyleureas (used to treat diabetes), phenothiazines (used to

treat certain emotional problems or induce sleep), Accutane, Gold therapy, St John's Wort and Ginkgo Biloba may increase your risk of side effects because of increased sensitivity to light.

Other options for treating spider veins may include sclerotherapy. Other vascular and non-vascular lesions may be treated by surgical removal, laser resurfacing, Photorejuvenation or camouflage make-up. Not doing the procedure is an option. U Cosmetic has a range of medical grade skin care products that can help maintain or augment results.

Laser can only treat existing spider veins, vascular and other types of skin lesions. It does not prevent new ones from forming. Spider veins, vascular and other types of lesions are a chronic condition and the goal of treatment is to control them and not cure them. When multiple varicose veins or tortuous varicose veins are present, this is an indication of a problem with the whole superficial vein system and this would require another type of treatment.

Prior to the procedure you should, may:

- not shave your legs the day of your procedure if you are having leg vein treatments.
- avoid sun exposure and tanning bed for **3 to 6 weeks** before treatment.
- have test patch treatments to evaluate skin responsiveness if you have skin risks.
- notify us if you have an important event in the near future.
- notify at consultation or treatment if your medical situation changes.

During the procedure you may/will:

- feel discomfort like a rubber band snap. If the treatment is very painful then let your technician know immediately.
- Appear **pink, red, swollen** or **brown** and **crusty** in the areas treated or form a **blister**

After treatment you should/may:

- apply ice packs or cool compresses immediately following the procedure (for **20 minute** periods, **2-3 times** minimum) to decrease **redness, swelling, bruising, discolouration** and **tenderness**. This usually subsides within a few hours to a few days. **Bruising** and **discolouration** may last at a site from **2 weeks to 2 months** or more.
- avoid sun exposure for the next **3 to 4 weeks**. If unavoidable use a good quality sunscreen (SPF of 15 to 30).
- shower with tepid water. Avoid exposure to hot water, hot tub, or sauna for 1 week.
- notice skin lesions other than spider veins will scab or crust, keep them moist with antibiotic ointment until they are healed
- wash with a gentle cleanser and avoid exfoliative cleansers containing glycolic, salicylic or retinoic acid. Apply antibiotic ointment to treated skin lesions until they heal.
- notice an improvement with spider veins immediately. This may be temporary as the vein spasms from the treatment. Improvement usually occurs over a 2-week period and in some cases may take up to 8 weeks or more after repeated treatments. The spider veins may initially turn darker red after treatment.
- apply antibiotic ointment if you blister after your procedure. To prevent scarring and for optimal cosmetic result, **do not pick, scratch or disturb blisters or healing wounds**.
- resume regular activities today and exercising in **3 to 5 days** after leg vein treatments.
- Contact the clinic at anytime if you have questions. We are here to help you and would like your experience to be a pleasant one.

love being U