



# Patient Education: Laser Spider Vein Removal

Spider veins are small, visible blood vessels that appear as thin, red or blue lines on the skin, often resembling a spider web, and are usually found on the legs or face; they are considered a mild form of varicose veins and are typically harmless, only requiring treatment for cosmetic reasons; medically known as telangiectasias. Laser treatment is generally safe, with little to no discomfort.

## Before your appointment

Avoid UV exposure 2 weeks prior to treatment.

Let your provider know if you are taking any anticoagulants.

You must be off of Accutane for more than 12 months before you can receive this treatment.

## The day of your appointment

A small probe is used to lightly touch the skin which vaporizes and dries the affected area creating very small crusts that heal and flake off in 3 to 15 days. You may experience some mild irritation, redness, and crusting on the treated areas. While skin is healing, makeup can be applied to cover and camouflage any temporary imperfections. You will need to avoid direct sunlight immediately after the treatment. Otherwise, you can resume normal activities right away.

## After your appointment

Immediately after the treatment an ice pack, Polysporin/Neosporin, bacitracin, and/or Caladryl lotion can be applied to alleviate mild swelling or edema. It is normal for the treated area to feel like sunburn for a few hours. Avoid any trauma to the skin and soaking the treated area for up to 24 hours to include bathing in very hot water, swimming, hot tubs, or strenuous exercise. Try to keep the treated area dry.



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DO NOT PICK the treated area. Avoid picking or scratching the treated area in order to achieve your best results. If any crusting appears, you can apply unscented moisturizer or an antibiotic cream. Some practitioner's recommend Bacitracin and/or Caladryl lotion and others prefer an after-sunburn gel.

Makeup may be used 24 hours after the treatment, unless there is any sign of bleeding. It is recommended to use fresh, unused makeup or a powdered mineral makeup to reduce the possibility of infection.

You may shower after the treatment with tepid (lukewarm) water. If extensive work has been done on the treated area, you may need to apply Aquaphor or Vaseline when you are in the shower and lightly remove it after bathing. Skin should be patted dry and not rubbed. After 24 hours you can wash the area gently with a mild soap.

You may experience redness, scabbing, and/or slight bruising for 5-7 days after the treatment. Avoid direct sun exposure and tanning beds for 2-3 weeks and throughout the course of your recommended treatment process. Use sunscreen with SPF 25 or higher at all times when going out in the sunlight.

Avoid tweezing, waxing, bleaching, chemical peels, and all laser treatments during the course of the treatment. Do not use irritants such as retinoids, glycolics, or loofas until the area has completely healed up.

For any questions or concerns, please contact us at 907-252-3198 or on our Boulevard messaging portal.