



Laser Therapy: Veins and Angiomas
Cryogen Therapy: Skin Tags and Warts

Pre and Post Treatment Care Information

PRE-TREATMENT:

1. **DO NOT TAKE ASPIRIN PRODUCTS**, Ibuprofen, Motrin, Non-Steroidal Anti-Inflammatory Drugs, Vitamin E, Green Tea, Fish Oil, or Garlic for 5 days prior to and following laser therapy. **(ALWAYS check with your doctor prior to stopping any prescribed medication)**
2. Avoid using lotions or bath oils on treatment areas the night before and the day of the treatment.
3. Avoid tanning, self-tanning product and tanning beds for approximately **3 weeks prior** to the laser procedure. Wear a SPF 30-50 Sunblock to protect skin. Please consult your provider for a recommendation.
4. Wear loose fitting clothing and comfortable shoes to accommodate post treatment dressings. If treating the lower body - bring loose fitting shorts to wear during the procedure.

POST-TREATMENT:

1. Avoid bathing or washing with very hot water. Use tepid water. No hot tubs or saunas for 10 days.
2. You may feel like you have a mild to moderate sunburn. Minor crusting or minor peeling of the skin or treated area is not unusual. Do not pick at the treatment area. Apply Aloe if directed.
3. Avoid direct sun exposure after your treatment for 2-3 weeks. Wear a hat (if treated on the face/neck) and always apply a SPF 30-50 sunblock to avoid skin damage. Always reapply sunblock every 2 hours when outside for extended periods of time.
4. Avoid aspirin and aspirin containing products for at least 3-5 days after treatment AND avoid anti-inflammatory products for 3-5 weeks post treatment.
5. Improvement may be seen in as few as 1 to 2 treatments. Schedule treatments at 6-12 week intervals
6. In some cases additional spider veins/angiomas, skin tags and warts develop. As a result, additional treatments may be required. Scheduled treatments at 6-12 week intervals.
7. Although you are encouraged to resume normal activities almost immediately, you are required to **refrain from vigorous activities for at least 24 hours and high impact activities for 7-10 days after the treatment or as directed.**
8. Avoid shaving the treatment area for 2-3 days or until the area is healed.
9. Avoid applying products or topical agents to the treatment area that contain active ingredients that causes redness, peeling or irritation to the skin (i.e. alpha or beta hydroxy acids and/or retinols).

Please call **Harmony Skin & Wellness Clinic (970-282-8266)** if you have any questions or concerns about your treatment.