



THE FEW INSTITUTE

for AESTHETIC PLASTIC SURGERY

Laser Leg Vein Removal

Pre and Post Treatment Patient Information Sheet

Before Your Treatment:

- Avoid tanning your legs with either direct sun exposure or artificial tanning products for at least 3 weeks before and after your laser treatment.
- Shave or wax your legs at least 24 hours prior to your leg vein laser treatment.
- Do not apply lotion to your legs prior to having your laser treatment.

After Your Treatment:

- The areas that were treated with laser may appear as if they were 'scratched'. There may be multiple 'scratch' like marks all over your legs. This is a very normal side-effect of the laser and usually subsides within 72 hours after laser treatment.
- Please avoid exercise, hot tubs, saunas, jacuzzis, hot baths and wine – for at least 48 hours after your laser treatment.
- Most patients require between 2-3 treatment sessions to clear the vessels on both their legs. The laser will only treat smaller veins and capillaries and cannot be used on larger varicose veins.
- Please do not shave, loofah or scrub your legs for 48 hours after your laser treatment. It is o.k. to use lotions on your legs after laser treatment.
- Please do not wear high heel shoes for at least 48 hours after your laser treatment. Please bring comfortable shoes to go home in after your laser treatment.
- It can take up to 8 weeks for the vessels that were treated to fade or disappear. Please be patient with this process and schedule your follow up treatment for 8 weeks from your first leg vein treatment.