

## **Pre/Post Operative Instructions for Laser of Spider Veins/Vascular Lesions**

Division of Plastic Surgery  
University Surgical Associates

Dr. R. Michael Johnson

### **Pre Treatment**

Shave the area to be treated the morning of treatment. DO NOT use any hair removal creams or lotions. Rinse area well.

DO NOT apply any creams, lotions or sprays to area.

Wear or bring clothing appropriate for the area being treated. The area being treated will be cleansed with mild soap and alcohol.

### **Post Treatment**

After treatment, wear your compression stockings for no less than 5 days. They must be worn 24 hours a day for the first 3 days.

Avoid the following:

Hot tubs	2 weeks
Sun (natural or artificial)	4 months (absolutely none for 3 days before and after treatment)
High impact exercise	2 weeks

You may do a lot of swimming, walking and biking.

If you are on any type of blood thinning medicine, please let us know. It needs to be stopped at least 10 days prior to treatment and 10 days after treatment. This may need to be OK'd by another Doctor.

Avoid taking any aspirin or aspirin products for 10 days before and 10 days after treatment. You may take Tylenol for pain.

If you have any questions please contact Cyndi at our office at 937-208-4188. If Cyndi is unavailable please call 937-208-2552 and ask for Tahira.

A follow up appointment is needed on \_\_\_\_\_.