

— PATIENT INSTRUCTIONS —
BLEND VASCULAR BLEMISH REMOVAL

BEFORE YOUR TREATMENT:

The treatment you will be receiving is comparatively simple, but a few suggestions will make this more comfortable and successful for you.

- 1) **PLEASE wash your face of make-up** before treatment, use your normal cleanser. (If you don't want to do this, we can remove the make-up for you just before the treatment.) If you are having vessels on the body or legs removed, we suggest washing with Hibiclens™ before coming in for treatment. This will reduce bacteria and help against infection (not likely in any case).
- 2) **DO NOT take aspirin or ibuprofen (such as Advil)** before or after the treatment (24 hrs.). These medications sometimes cause unnecessary bleeding.
- 3) **YOU MAY take Tylenol™** before treatment if you think you will be sensitive to the treatment.
- 4) **PLEASE eat something** before treatment. We recommend a small meal with carbohydrates to raise you blood sugar. This helps relax you and minimizes treatment sensitivity.
- 5) **PLEASE come in one hour early** if we are going to use cream anesthesia.
- 6) **DO NOT drink coffee** or other beverages with caffeine: this increases your pain level and causes nervousness.
- 7) **PLEASE wear comfortable clothing.** If you are having leg vessels treated, wear loose fitting pants. Do not wear hose of any kind; you will not be able to put them on after the treatment.

AFTER YOUR TREATMENT:

For the most part, just do as little as possible after the treatment. Just leave the area alone!

- 1) **DO NOT stretch your skin** in an attempt to see what has been done.
- 2) **DO NOT wash your face,** body or legs until the next day. Just leave it alone! Keep the ace bandage in place (legs) for at least 24 hours following treatment. Elevate your legs and just relax!
- 3) **YOU MAY take Tylenol** after the treatment, but this should not be necessary.
- 4) **DO NOT apply make-up** right after. If you want make-up, please allow us to apply it for you. Application must be done carefully to not interfere with the treatment.
- 5) **DO NOT exercise** until the next day. No yoga, sauna, hot tubs and *stay out of the sun!*
- 6) **PLEASE wear sun block** on the area for the next two weeks or so. Apply this very carefully and do not rub the area.
- 7) **PLEASE just go about your regular routine** after about 48 hours. No special care is needed, and extraordinary procedures are unnecessary. You will notice tiny crusts, but this is normal, and they will fall off in 7 to 10 days (face and body), and about 2 to 3 weeks (legs).