

## Recommended Pre & Post Care Excel V Vascular Treatments

*For best results please follow these instructions*

### **Before your treatment:**

- Do not wear makeup on the day of treatment
- No sun-tanning or self-tanners 4 weeks prior to treatment  
Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Some medications or supplements may increase the risk of bruising. Consult with Dr. Grodberg if you have questions about medications you take
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)
- Notify your physician with any changes to your health history or medications since your last appointment
- History of herpes or cold sores may require an anti-viral prescription prior to treatment

### **After your treatment:**

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage
- Bruising, redness and swelling are common and resolve with time
- A “bug bite look” is common and usually resolves in 1-2 days
- Avoid heat – hot tubs, saunas, etc. for 1-2 days
- Avoid skin irritants (examples below) a few days post-treatment
  - Avoid products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Notify the office 201-567-8884 of any concerns (blistering, excessive redness/swelling, etc.)
- Leg vein treatments only:
  - Compression stockings (20-30 mm/hg) are optional
  - Avoid high impact activity 3-5 days
  - Hemosiderin staining (brown staining) may occur after a treatment and usually resolves with time (can take 1-2 years) but, on a rare occasion, it may be permanent
  - Strict avoidance of sun exposure may decrease risk of permanent hemosiderin staining**
- Consult with Dr. Grodberg about when to resume skin care regime.