

## **Pre VeinWave Instructions**

To undergo Vein Wave you must:

- NOT have a history of epilepsy or other seizure disorder
- NOT have an implanted heart defibrillator, heart pacemaker or any other implanted device
- NOT be pregnant or nursing
- NOT form keloids after an injury to the skin
- NOT have used self tanning lotions (rub on tanners or sprays OTC) for 14 days before treatment
- NOT have had spray on or tanning bed exposure for 30 before treatment

Please tell us if you have an allergy to chromium or nickel, heart disease, diabetes, tattoos or on medications that cause you to bleed more easily (ie. Aspirin, coumadin)

Do not apply lotion to the areas to be treated on the day of the procedure

Remove or do not apply any make up

Bring a pair of shorts to change into

Purchase a petroleum based moisturizer (ie..Aquaphor) and 40SPF sun block

## **Post VeinWave Discharge Instructions: LEGS**

1. Expect treated areas to be swollen, red and slightly itchy for the first 24-36 hours.
2. Expect treated areas to form dark red micro clots over the veins treated after the initial 24-36 hours. These micro clots are just underneath the first few layers of skin; greater of appearance the closer to the feet and ankles. It will take 3-6weeks for them to clear.
3. Use a petroleum based hydrating lotion on areas treated, 2-3 times a day for the next 2 weeks as needed for the following 4 weeks, especially on any sores. (example: Aquaphor or Bacitracin)
4. Use ice packs on painful or swollen areas
5. Elevate legs to help decrease swelling
6. Take Ibuprofen or acetaminophen per package directions for pain, swelling and redness
7. Wear tights or prescription compression hose if you expect to be on your feet for long periods of time or with persistent swelling/pain
8. No shaving the treatment areas for 7 days after treatment
9. Return to normal medications, diet and activities immediately, but avoid UVA/UVA sun exposure by using 40+ SPF sun block on areas treated
10. No self-tanning lotions, salon spray tans or tanning beds for 7 days after treatment

Please call the clinic if you have any questions or concerns @ (205) 996-8346. No clinic follow up appointment is necessary, however a follow up phone call will be done to answer questions and monitor your progress. Areas can be retreated in 6-8 weeks.

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**(patient)**

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**(provider)**

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**(date)**

## **Post VeinWave Discharge Instructions: FACE**

1. Expect treated areas to be swollen, red and slightly itchy for the first 24-48 hours. The treated skin will feel slightly tough.
2. Expect possible treated areas to form dark red micro clots over the veins treated after the initial 24-36 hours (cat scratches). These micro clots are just underneath the first few layers of skin and is less typical when the face is treated. It will take 3-weeks for these to clear.
3. After 3-4 days expect the treated areas to be slightly dry and scaly.
4. Use petroleum based hydrating lotion on areas treated, 2-3 times a day for the next 3 days and as needed for the following 4 weeks, especially on any sores. (example: Aquaphor or Bacitracin)
5. Use ice packs on painful, swollen, red or itchy areas
6. Do not shave the treated areas for 24 hours
7. Use Ibuprophen or Acetaminophen per package directions as needed
8. Avoid sun exposure and/or use SPF 40 with UVA and UVB protection
9. No self-tanning lotions, salon spray tans or tanning beds for 7 days after treatment

Please call the clinic if you have any questions or concerns @ (205) 996-8346. No clinic follow up appointment is necessary, however a follow up phone call will be done to answer questions and monitor your progress. Areas can be retreated in 6-8 weeks.

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**(patient)**

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**(provider)**

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**(date)**