



Post Laser Leg Vein Treatment

Activity and care of your legs:

- Resume normal activity, vigorous activity is discouraged for 72 hours
- Walking is encouraged, as this increases the blood flow. Please walk for 20 minutes a day for the next 5 days.
- Please wear the support hose for at least 5 days elevate your legs for 3-5 minutes before putting your support hose on
- Caution when shaving your legs not to disrupt any healing.
- Compression of the legs will accelerate healing, reduce swelling, and lessen discomfort
- Keep legs out of sun without SPF 30 and zinc oxide for next 6 months

Complications which may occur and what to do:

- Blistering at the treatment sites, which can become open areas. These usually resolve in time. Use antibiotic ointment to these areas twice a day. This can be purchased over the counter at your drug store. **Please call our office if blistering occurs.**
- Hyperpigmentation, a darkening of the skin, frequently occurs at injection sites. This gradually fades over a period of 12 to 18 months
- Tenderness and bruising may occur at injection sites. These will eventually disappear. These symptoms can usually be relieved with elevation of the legs. Use of a heating pad may also help, set at a low temperature setting to prevent burn
- A hard lump could form at the injection site. This may take three to six months to dissolve.



Pre and Post Treatment Instructions for Resurfacing Procedures Wrinkles, Scars and Stretch Marks

Before your Resurfacing Treatment

- Avoid all sun exposure, self tanning creams, spray tans and tanning beds for at least two weeks prior to each fractional resurfacing treatment. A sunscreen with SPF 20-30 plus zinc oxide or titanium dioxide should be worn throughout the treatments.
- Your laser procedure may include more than one treatment. We will present a treatment plan for you upon consultation and evaluation of your response to the laser system
- Please discontinue the following products two weeks prior to surgery: Aspirin, Motrin, Aleve, Ibuprofen, Excedrin, Vitamin E, Ginko, St. John's Wort and any photosensitive drugs such as Tetracycline, Minocycline with the permission of your primary care doctor.
- Active skin care products such as Retin A, Retinol, Renova, glycolic acid products, night creams with alphahydroxy acids should be discontinued throughout these treatments. Mild cleansers, toners, moisturizers may be used immediately after treatment.
- You will be asked to remove your make up (can be done at clinic) and jewelry before a procedure. Contact lenses may be worn.

After your Resurfacing Treatment

- Application of cool gel packs and topical creams prescribed immediately following treatment can help improve post treatment itchiness and stinging that may occur.
- Edema, and sometimes blanching, is expected immediately post treatment and generally resolves in 24-48 hours. It may last up to 3-5 days in some clients.
- Clients may experience significant redness, broken capillaries or bronzing in the treatment area or 1-3 days after treatment. This may persist in a mild form for several weeks particularly in areas other than the face.
- Gentle cleansing and use of non-irritating cosmetics is permitted after treatment. The use of Retinoids (Retina A, Renova) should be avoided during the treatment period.
- New skin will begin to form and it is essential to avoid injury and sun exposure at least two weeks following treatments. It is highly recommended that clients use a sunscreen with SPF 30 or higher containing UVA/UVB protection along with a sun blocker such as zinc oxide or titanium dioxide between treatments.
- Once the treatment area has healed, some itching or dryness may occur. This will gradually clear. The use of non-irritating moisturizers may provide some relief.



Instructions for Photorejuvenation and Sun Spot Treatment

Before your treatment...

- Avoid sun exposure, self-tanning products and tanning beds for at least two week prior to IPL treatment.
- Please remove all jewelry.
- Wear loose clothing.
- Your sunspot removal may include one to four treatments spaced four weeks apart. Your clinician will present a treatment plan for you upon consultation and evaluation of your response to the laser/light system.
- A cold roller will be used to make the treatment more comfortable.
- You may resume normal daily activities immediately following your laser treatment.

After your treatment...(Follow these directions for one week after each treatment)

- The IPL treated area may look crusty or like particles of dirt where the spot was treated. The area should be cared for as a burn, some crusting may occur and should heal in 7-10 days.
- Apply aloe vera gel twice daily for one week.
- Take Tylenol per packaging directions as long as needed for discomfort.
- No shaving over treated area as long as area is red and or swollen.
- Avoid all sun exposure, self-tanning products and tanning beds between laser treatments.
- Apply a broad spectrum UVA/UVB sunscreen with a SPF-30 daily to treated area if in the sun for at least six months following the laser treatment.
- Avoid swimming pools or hot tubs to prevent infection.



Instructions for Facial Veins/Angiomas Treatments

Before your treatment

- Avoid all sun exposure and tanning beds for at least two weeks prior to IPL treatment. A sunscreen with SPF 20-30 plus zinc oxide or titanium dioxide should be worn throughout the treatments.
- Your laser procedure may include four or five laser appointments. We will present a treatment plan for you upon consultation and evaluation of your response to the laser treatment.
- Please discontinue the following products two weeks prior to each procedure: Aspirin, Motrin, Aleve, Ibuprofen, Excedrin, Vitamin E, Ginko, St. John's Wort and any photosensitive drugs such as Tetracycline, Minocycline, with the permission of your primary care doctor.
- Active skin care products such as Retin A, Retinol, Renova, glycolic acid products, night creams with alphahydroxy acids should be discontinued throughout these treatments. Mild cleansers, toners, moisturizers may be used immediately after treatment.
- You will be asked to remove your make up (can be done at clinic) and jewelry before a procedure. Contact lenses may be worn.

After your treatment ... (follow for one week after your laser/ light treatment)

- Your skin may appear red or blotching in the treated area for 24-48 hours after the laser treatment. You may temporarily experience a bumpy appearance. Please do not apply make up if area is still red. Once there is no sign of redness, make up may be applied.
- Wash treated area gently with a mild cleanser or soap and water.
- Apply post op gel twice daily to treated area. Take Tylenol per packaging directions as needed for discomfort.
- No shaving over treated area as long as area is red and or swollen.
- You may experience swelling of the eyes and face that may persist for 2-4 days. Sleep with two pillows at night and apply ice as needed for swelling.
- Avoid all sun exposure and tanning beds between IPL treatments.
- Apply a broad spectrum UVA/UVB sunscreen with SPF-24/zinc or titanium oxide daily to treated area if in the sun for at least six months following the IPL treatment.



Instructions for Laser/ Light Hair Removal Treatments

Before your treatment...

- Shave area to be treated the morning of the IPL treatment. Hair should be shaved cleanly. No waxing, tweezing or depilatories one month prior to treatment. Shaving the hair will manage hair between treatments.
- If patient has a history of Herpes, prophylactic medications may be prescribed one week prior to treatment.
- Do not tan or use self-tanning products as they may cause adverse effects. Stay away from aspirin or Aleve, ibuprofen, Advil or Motrin and Vit E one week before a treatment.
- Wear loose fitting clothing that allows comfort and modesty to the area to be treated.
- Please remove all jewelry.
- No restrictions in normal daily activities following a hair laser treatment.

After your treatment ... (follow for one week after your treatment)

- Wash treated area gently with soap and water.
- Apply an Aloe Vera Gel twice daily to treated area.
- Take Tylenol per packaging directions as needed for discomfort.
- No shaving over treated area as long as area is red and or swollen. Hair may remain for up to two weeks following your treatment. You may use a Loofa to remove loose hair after a treatment.
- Apply a broad spectrum UVA/UVB sunscreen with a SPF – 30 and zinc or titanium dioxide daily to treated area if in the sun for at least six months following the laser treatment.
- Avoid hot tubs, swimming for one week afterward as chemicals can cause infection.
- Your skin may appear red or blotchy in the treated area for 24-48 hours after the laser treatment.
- If a blister appears, apply Aloe Vera gel to blistered area until resolved. Keep clothing from rubbing blistered area.



Instructions for Rosacea Procedure

Before your treatment

- Avoid all sun exposure and tanning beds for at least two weeks prior to laser treatment. A sunscreen with SPF 20-30 plus zinc oxide or titanium dioxide should be worn throughout the treatments.
- Your laser procedure may include four or five laser appointments. We will present a treatment plan for you upon consultation and evaluation of your response to the intense pulsed light system.
- Please discontinue the following products two weeks prior to each procedure: Aspirin, Motrin, Aleve, Ibuprofen, Advil, Excedrin, Vitamin E, Ginko, St. John's Wort and any photosensitive drugs such as Tetracycline, Minocycline, Zithromax, Cipro with the permission of your primary care doctor.
- Active skin care products such as Retin A, Retinol, Renova, glycolic acid products, night creams with alphahydroxy acids should be discontinued throughout these treatments. Mild cleansers, toners, moisturizers may be used immediately after treatment.
- You will be asked to remove your make up (can be done at clinic) and jewelry before a procedure. Contact lenses may be worn.

After your treatment ... (follow for one week after your treatment)

- Your skin may appear red or blotching in the treated area for 24-48 hours after the laser treatment. You may temporarily experience a bumpy appearance. Please do not apply make up if area is still red. Once there is no sign of redness, make up may be applied.
- Wash treated area gently with a mild cleanser or soap and water.
- Apply post op gel twice daily to treated area. Take Tylenol per packaging directions as needed for discomfort.
- No shaving over treated area as long as area is red and or swollen.
- You may experience swelling of the eyes and face that may persist for 2-4 days. Swelling is normal and indicates a good treatment response. Sleep with two pillows; apply ice bag before bed and after rising.
- Avoid all sun exposure and tanning beds between laser treatments. Apply a broad spectrum UVA/UVB sunscreen with SPF-24/zinc or titanium oxide daily to treated area if in the sun for at least six months following the laser treatment.
- Avoid alcohol, spicy foods and caffeine and exercise for one day after a procedure.



truSculpt™ 3D Frequently Asked Questions

What is truSculpt™? TruSculpt™ is a breakthrough RF (Radio Frequency) technology that delivers deep heating to adipose tissue for non-invasive fat reduction, body sculpting/contouring and the temporary reduction in the appearance of cellulite. It is designed to treat multiple areas of the body such as the abdomen, flanks, thighs, buttocks and other stubborn regions where fat lingers.

Am I the right candidate for truSculpt™? We will determine if this treatment is right for you during your consultation. Typically, ideal patients for this procedure have a BMI of less than 30 and have unwanted fat in different areas of the body.

Who cannot be treated with truSculpt™? Patients who cannot be treated with truSculpt™ include those who have cardiac pacemakers, internal defibrillators, tumors and metallic implants (including joint replacements) in the target area. Patients who are pregnant may not undergo this procedure.

Can truSculpt™ be used on all skin types? Yes, truSculpt™ can be used on all skin types.

How long does a truSculpt™ non-invasive fat removal treatment take? Typically, a treatment in one area takes less than an hour.

How many treatments will I need? During your consultation, we will discuss the number of treatments you will need based on the area(s) you want to have treated and the results desired. Typically, patients need 1-2 treatments per area with each treatment approximately 8 weeks apart.

When will I start seeing visible results? TruSculpt™ delivers RF energy to destroy fat cells in the treatment area. It then uses the body's natural system to break down and dispose of these cells. This process may take up to 3 months. Patients will begin to feel/see results within days that will gradually increase during and possibly beyond this period.

What do I need to do before a treatment? There is no special preparation needed before a treatment except for removing any jewelry or body piercings in the area(s).

What happens during the treatment? After a brief pre-treatment preparation, the truSculpt™ handpiece is applied to the skin. The handpiece will deliver a pulse of RF energy that will last 4 minutes on average. The handpiece will then be moved to adjacent areas to which this process will be repeated until the entire treatment area has been covered.

What does it feel like? TruSculpt™ is designed to be a comfortable procedure for non-invasive fat removal and body sculpting/contouring. Due to its proprietary design, the heating of the area will be tolerable. We will adjust the temperature based on your comfort level. Typically, no pain medication, topical anesthesia, gels or active cooling are required.

Can I return to normal activities after treatment? Yes, the procedure is non-invasive, so you should be able to return to normal activities immediately. Typically, there is no downtime after the treatment although some patients may experience mild discomfort for a few hours. For example, many patients go back to work immediately after their sessions.

Is truSculpt™ safe? Are there side effects? The truSculpt™ System is designed to provide a safe and comfortable procedure for non-invasive fat removal and body sculpting/contouring. Side effects can include redness, sweating and mild tenderness in the treated areas. Usually, this resolves in a few hours. We will discuss in more detail what to expect during and after your treatment at your consultation.

How much does a truSculpt™ treatment cost? Our pricing is very competitive, and we offer complimentary consultations with one of our medical providers. We also offer convenient monthly payment plans through CareCredit.