

{Practice Name Here}

Vein Treatment Plan for _____

Area to be treated	Estimated individual treatment time	Estimated treatments required	Estimated total treatment time for series	Frequency
Treatment summary				Treatment plan recommended
Totals				

Pre-treatment instructions:

- Apply SPF30 sunblock on all treatment areas that are exposed to the sun.
- Tell us if you have taken Accutane in the past six months or are planning to begin taking Accutane.
- Inform us of any changes in medical history since your last visit.
- Shave the area to be treated within 12 hours prior to the treatment if necessary. (We can shave and prep you at the regular hourly rate. You must schedule additional time for prep with the front desk.)
- Apply topical anesthetic as directed prior to coming in for your appointment.
- Do Not** use aspirin, alcohol, NSAID's (ibuprophen, Naprosyn, etc.), gingko and St. John's wart for 10 days prior to treatment.
- Do Not** use tetracyclines and Zithromax for 7 days prior to treatment.

Post treatment instructions:

- Avoid sun exposure and wear SPF30 sunblock for one month after treatment on all treated areas that may be exposed to the sun.
- Cold compresses may be applied to reduce redness and swelling.
- Apply Hydrocortisone 1% or an antibiotic ointment in a thin layer as directed twice a day.
- Please call us at the first sign of persistent pain or blistering.
- Use support hose 20-30 psi worn continuously for three to five days.
- Leave pressure bandage on for 24-48 hours.
- Treatment area should be **gently** washed twice per day with tepid water and mild soap.
- Do Not** exercise for three days after treatment.
- Do Not** use alcohol, aspirin, Advil, or any blood thinners for five days.
- Do Not** take hot showers, baths, use hot tubs or saunas for five days.

Post treatment expectations:

- Expect some redness and swelling, which may convert to a "cat scratch" scab for 2-3 weeks.
- Leg vein resolution usually takes about 8-12 weeks. Facial vein resolution takes up to 2 weeks. At the end of this process, some vessels may be gone while others may be lighter or not affected.

{Practice/MD/PA/RN Name here}

Patient

Date

Date