



## **WHAT ARE LASER VEIN TREATMENTS**

Apple Cosmetics offers the solution to a wide range of esthetic vascular conditions, including facial telangiectasia's, spider veins and reticular veins. We do not treat varicose veins. Using state of the art laser therapies, our medical professionals can eliminate discrete vascular areas safely, quickly, and with little to no down time.

### **Who is a good candidate for vein treatments?**

Prior to treatment, your candidacy is assessed by one of our medical professionals. Laser vein treatments works on those who suffer from small surface blue, red, and purple broken capillaries and spider veins. Vascular treatments are safe for all skin types. This procedure is not performed on varicose or raised veins.

### **How many vascular treatments will I need?**

In many cases, significant improvement is realized after just one treatment. Where spider veins continue to appear, more treatments are necessary. As always it also depends on the individual and how much tolerance they have to the treatment. Treatments are typically 3-4 weeks apart.

### **Is vascular treatment safe?**

Laser vein therapy is safe and effective for all skin types and colors. Before performing the procedure, our medical professionals review your medical history to determine the severity of your vascular condition.

### **How do vascular treatments work?**

The laser delivers a measured dosage of heat to each vein in a series of brief pulses. The blood vessels, but not the surrounding tissue absorb the heat. The heat causes the blood vessel to coagulate and then absorb into the body. The vein is then destroyed. It can take 1-2 weeks for the vein to disappear completely from the treated area.

### **Is there any down time?**

There is no down time with vascular treatments. Normal activities can resume immediately after treatment. If bruising occurs, it usually dissipates within a week. Rigorous activity should be avoided for 24 hours.



## CONSENT FOR LASER VEIN REMOVAL

1. I voluntarily request laser assisted treatment of lesions and/or veins that I have proclaimed as "unwanted" in the following areas:  

---
2. I voluntarily consent and authorize that the staff of this clinic perform this laser-assisted treatment. I hereby release this clinic, its staff, and any other provider from any or all liability for any adverse effects that may result from this treatment.
3. For the purpose of adequate record keeping, I consent to have the staff take before, during and after photos of the involved treatment area(s). The clinic may use these photographs for the purposes of patient education and marketing. I understand I will not be identifiable in these photos.
4. I recognize that this laser-assisted treatment is not an exact science and I understand no guarantees or assurances have been made to the result or cure. There are risks related to the performance of these procedures. I understand and acknowledge that the risks that may occur in connection with this particular procedure may include the following:
  - **Infection:** all be it rare, skin infection is a possibility any time a skin procedure is performed. I acknowledge and understand that although rare, it is possible for a skin infection to become a blood-borne wide spread infection.
  - **Discomfort and pain:** some discomfort will be experienced during and after the treatment. You can ask if you may use a topical anesthetic after your first treatment has been completed.
  - **Allergic reactions:** although uncommon, I could possibly develop an allergic reaction to medicines applied to the treated area and that I could possibly develop an allergic reaction to any medications that may be prescribed for me.
  - **Hemorrhage and bruising:** bruising in the treated area is possible, especially if, within the last 10 days, I have taken aspirin or aspirin containing products, or other blood thinning medications.
  - **Recurrence of the lesion:** I may not experience a permanent result even after multiple treatments.
  - **Pigment changes:** During the healing process the area may become lighter or darker. This is usually temporary but in some instances it can be permanent, it is vital to have NO CURRENT FRESH TAN!
  - **Poor healing:** the resultant open wound may require more than the usual 1-3 weeks to heal.
  - **Painful or unattractive scarring:** scars are a rare complication, but are possible if the laser disrupts the skins surface. To minimize this possibility it is important to follow the pre and post care instructions.
  - **Sun exposure:** once the surface has healed the skin may be pink and sensitive to the sun. Treated areas should be blocked completely; a sun block of SPF 30 or greater should be used at all times in areas not protected by clothing, whether or not I am in the sun.
  - **Blindness and eye damage:** The laser/light, without protective eyewear, may cause visual loss including blindness. It is key that you wear the protective goggles provided during the treatment and to also keep your eyes closed in order to protect my eyes from accidental laser exposure.
5. I understand and acknowledge that I have been informed by means of visual aids, as well as individual discussion, that multiple treatments are often required to cause long-term results and that some patients have no results even with multiple treatments. The usual number is 2 or 3, but more may be required.
6. I have been given the opportunity to ask questions about my condition, alternate forms of anesthesia and treatment, the procedure to be used, and the risks and hazards involved. I believe that I have sufficient information to give an informed consent. By signing below, I certify that I have read and fully understand the contents of this document. I certify that I am a competent adult of at least 18 years of age.

Date \_\_\_\_\_ Client Name \_\_\_\_\_ Signature \_\_\_\_\_



## **LASER VEIN REMOVAL PRE AND POST TREATMENT INSTRUCTIONS**

### **BEFORE TREATMENT**

- No Accutane use for 1 year prior to treatment.
- Do not tan the areas being treated for 4 weeks prior to treatment.
- Do not use self-tanning products for 2 weeks prior to treatment.
- Do not use Hydroquinone or Kojic Acid products 2 weeks prior to treatment.
- Do not use Photosensitive drugs for 1 week prior to treatment.
- Stop all Retin-A, Retinol, Renova, glycolic, bleaching creams, and exfoliants 3 to 4 days prior to treatment.
- Please shave or clip the area being treated closely the day before treatment or the morning of the treatment. This way the skin will be less sensitive.
- Do not wear make-up or lotion on the area to be treated.
- If treatment area is on legs please bring a pair of shorts for the treatment.
- Some people find it helpful to take 2 or 3 plain Tylenol and/or Advil 2 hours before coming in for treatment. Some women who find that they are less sensitive after their menses and prefer to schedule their treatment sessions to avoid the pre-menstrual and menstrual time.
- You will be less sensitive if you are well rested, well fed, and not thirsty when you have your treatment.
- If you choose to apply a topical anesthetic, it must be applied 60 minutes prior to treatment and covered with plastic wrap. Please speak with one of our staff members to purchase a topical anesthetic.

### **AFTER TREATMENT**

- You may have transient redness, swelling, itching and/or burning sensations for a few minutes up to 48 hours after. You may apply aloe Vera Gel, a cold compress, and/or Polysporin to help with these side effects.
- Redness will often fade greatly within a day or two, but it is not uncommon for the skin to be slightly drier than evening and to require more moisturizer. Use one made for sensitive skin.
- Avoid direct sunlight, tanning beds, and self-tanners for the course of the treatments and for 1 month following the final treatment. Wear a sunscreen with SPF 30 or higher DAILY.
- Do not apply make-up to the treated area until all the redness has subsided.
- Avoid irritants such as Retin-A, Retinol, Renova, and glycolics, bleaching creams and exfoliants until the treatment area has returned to its pre-treatment condition.
- Blistering or scaling after laser removal of blood vessels is rare, but usually resolve over a few days or a week with a bit of Polysporin applied to the affected area. Re-apply when the area starts to feel itchy.

### **FOLLOW UP**

- The number of treatments will vary from person to person because it depends on the size of the affected area, and the type of vascular disorder. Usually only a few treatments are required.
- Treatments will be spaced anywhere from 3 to 4 weeks apart.
- Avoid any tanning in between treatment, as this will increase your risk for burning during your treatment and permanent hyper-pigmentation.



**CHECK LIST FOR LASER VEIN TREATMENT**

Client's Name \_\_\_\_\_

YES

**CONSULTATION DAY**

Has the client gone over and received a copy of the Information Sheet \_\_\_\_\_

Has the client gone over and received a copy of the Pre/Post Information Form? \_\_\_\_\_

Has the client signed the medical form? \_\_\_\_\_

Has the consent form been reviewed and signed? \_\_\_\_\_

Have photographs been taken? \_\_\_\_\_

**TREATMENT DAY**

Do you have a signed copy of the Pre/Post Information Form in the file? \_\_\_\_\_

Does the client have any unanswered questions about the treatment? \_\_\_\_\_

Has the client received instructions on proper skin care for treated area? \_\_\_\_\_

Remind the client for the first 24 hours:

- Shower with caution and avoid saunas and hot tubs \_\_\_\_\_
- No excessive exercising \_\_\_\_\_
- Avoid sunlight, use a sunscreen \_\_\_\_\_
- Avoid applying cosmetics on treated areas \_\_\_\_\_
- Call if they have any questions or concerns \_\_\_\_\_

**YOU MUST BE ABLE TO TICK "YES" ON EVERYTHING BEFORE YOU CAN PROCEED**

Date \_\_\_\_\_ Technician's Signature \_\_\_\_\_