



## **Pre-Treatment Instructions - Spider Vein Ablation**

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Following these instructions in preparation for your procedure will greatly help us to provide you with the most efficient, effective and comfortable treatment possible.

1. Shower and wash legs thoroughly the day of treatment. Do not apply anything to the area to be treated, including cream, lotion or moisturizer. Do not wear any fragrances. We will ask you to remove any make-up on the areas to be treated before treatment.
2. For pulsed light treatments, shave or clip the areas to be treated 24 hours prior to treatment, or at least 4 hours before each session. Excess hair in the treatable area reduces the amount of energy necessary to treat unwanted blood vessels.
3. Eat a light meal or snack 1 to 2 hours prior to arrival.
4. Refrain completely from sunbathing or tanning for a minimum of (2) weeks prior to treatment. Darkly pigmented skin can interfere with treatment efficacy and cause side effects.
5. Self-tanners should not be used for (2) weeks prior to treatment.
6. Please take all of your usual medications.
7. No alcohol and no smoking for (2) days prior to procedure.
8. Wear loose, comfortable clothing on the day of treatment. Shorts or skirts are best and easy to put on afterwards.
9. Medications prescribed by us for treatments must be purchased in advance of your appointment.
10. If you have already purchased compression hose, please bring them with you to all appointments. If you do not have compression hose, you must purchase them at our office before your procedure.
11. Please avoid the following nutrients and plant medicines (10) days before and (2) weeks following your procedure:
  - Vitamin E- more than 400 iu daily as a supplement
  - Fish or flax seed oils- reduce large amounts by half if taking them, and continue to take with meals
  - Gingko Biloba
  - Melilotus albus/officinalis
  - Trifolium pratense (Promensil) & other menopause formulas with red clover
  - Galium triflorum
  - Vinpocetine
  - Coleus forskolii
  - Hypericum perforatum (St. John's Wort)

***Please do not hesitate to call us at 650-364-3600  
with any questions or concerns.***