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Pre & Post-Operative Clearscan Instructions

Instructions Prior to Clearscan for Vessels

1. **ABSOLUTELY** avoid any type of sunburn or suntan for 4 weeks prior to laser treatments. Treatment of tanned skin can increase the risk of blistering and/or permanent skin discoloration. **PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 4 WEEKS BEFORE AND AFTER TREATMENTS.**
2. Do not use any self-tanning lotions in the month prior to treatment.
3. Stop using Retin-A, Renova, Differin, for one week prior to treatment.
4. Please inform us if you have any history of “herpes”, “cold sores”, or “fever blisters”. In such instances, we recommend taking Valtrex 500mg, 1 tablet twice a day for 5 days starting on the day before the laser treatment. Like sunlight, laser light may cause a cold sore or fever blister leading to more serious complications.
5. You need to apply topical anesthetic cream to the area to be treated 1 hour before the appointment time. This may be done either in the comfort of your home or in our office.

Instructions Following Clearscan for vessels

1. Intense burning, redness, warmth, and a sunburned sensation are normal responses following Profile ClearScan™. The discomfort/redness generally lasts 2 hours after the procedure. Cool compresses with a damp, soft cloth for 10-20 minutes at a time may help relieve the temporary discomfort. Ibuprofen, Advil, Aleve, Motrin, or Tylenol can be taken as directed for pain.
2. Within 24-48 hours the redness will have significantly improved if not completely gone away.
3. Some patients will wake up with facial swelling, particularly around the eyes for several days following the treatment. This is normal and usually resolves within 2-4 hours of being upright but may continue for 3-5 days. You may choose to sleep upright the first night after the procedure to avoid swelling of facial tissues.
4. Aerobic exercise, saunas, and hot tubs should be avoided for 3 days.
5. Avoid use of topical skin care products containing retin-A, retinol, glycolic acid, or salicylic acid for 1 week.
6. **PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 4 WEEKS BEFORE AND AFTER TREATMENT.** A total sunblock containing zinc oxide or titanium dioxide should be applied daily if you are in the sun. If further treatments are needed, a commitment to stay out of the sun is necessary. Sun exposure may cause certain complications such as permanent skin discoloration.
7. For patients who have a history of frequent cold sores, you should be taking an anti-viral medication such as Valtrex or Famvir for 5 days starting on the day before your treatment.
8. Please go to Realself.com and evaluate both your procedure Laser Treatment of Veins and our office (under Dr. Teresa Mann). This is a website where real people find, share and discuss their experience with cosmetic procedures.