NINA DEEP AESTHETICS
Nina Deep, M.D. (614) 323-5369 – Cell #
Dawn Thomas, Patient Coordinator
5150 E. Dublin-Granville Rd., Suite 100
Westerville, OH 43081
(614) 855-5555
www.ninadeep.com

LASER LEG VEIN/FACIAL VESSEL TREATMENT

Pre-Treatment Patient Instructions

- To decrease bruising after your treatment, you may decide to avoid medications and supplements that prolong bleeding time for 1 week before your treatment (examples include aspirin, ibuprofen, Advil, Motrin, flax seed oil, vitamin E)
- avoid stimulants such as caffeine the day of your treatment to decrease sensitivity
- hydrate well the day of your treatment
- avoid sun exposure for 2 weeks before your treatment to decrease pigmentation changes
- avoid applying tretinoin cream (Retin A) over the area to be treated for 1-2 days before procedure
- plan for the treatment area to be cleaned before the procedure
- make-up should not be reapplied until the following day
- for leg vein treatments, wear loose fitting clothing and comfortable shoes to accommodate post treatment dressings
- bring compression stockings (20-40 mm Hg) or support hose with you to wear home

Post-Treatment Patient Instructions

- for leg vein treatments, compression hose should be worn immediately following your treatment and for 5 days after
- your skin may be slightly hypersensitive or tender for a few days after the procedure
- avoid shaving the treated area for 4 days
- expect up to 6 weeks of bruising, crusting, and discoloration for leg vein treatments
- avoid sun exposure for 6 weeks
- avoid hot water over the treatment area for 48 hours after
- wear sunscreen with an SPF 30 or higher daily
- avoid tretinoin cream (Retin A), benzoyl peroxide, glycolic acid, astringents, and other harsh chemicals for 1 week
- cleanse treated area with only gentle, non-abrasive cleansers for the first 48 hours
- make-up may be applied the following day but isn't recommended right after facial vein treatments
- report any open sores, increased redness, or increase in swelling immediately
- for leg vein treatments, avoid vigorous exercise for 2-3 days

Thank you for choosing Nina Deep Aesthetics for your skin care needs.