



Ram Clinic, P.C.
1200-1206 Providence Hwy,
Suite 210, Norwood, MA 02062
PH: 781-333-3444, Fax: 781-680-7121

Prabhu S Ram MD

Pre/PostTreatment Facial & Leg Vein Instructions

Pre-Treatment Procedures

- For better results, patients are to avoid sun exposure, tanning beds, tanning creams, and sunless tanning lotions for one week prior to treatments and throughout the course of their laser treatment.
- A broad spectrum (UVA/UVB) sunscreen SPF 30 or greater should be applied to the area(s) to be treated whenever exposed to the sun.
- Skin should be void of makeup, creams, and lotions prior to treatment. Clean skin with 70% alcohol prior to treatment.
- Prior to receiving laser treatment, patients with a history of herpes or cold sores should receive appropriate treatment.
- For laser hair removal all methods of hair removal such as waxing, tweezing, and electrolysis must stop 3 to 4 weeks prior to your laser treatment. The area to be treated must be shaved.
- For vein treatments do not take aspirin or any blood thinner for at least 1 week prior. Do not discontinue any medications without prior consent from your doctor.

Post-Treatment Vein Care

- Apply lotion to the area to prevent drying and crusting. Lotion applied following the laser treatment can have a soothing effect. If a crust develops, allow it to fall off naturally. Do not scratch or pick.
- Avoid hot baths or whirlpools for 1 week following treatment. Do not shave for 1 to 3 days if blistering or crusting occurs.
- Avoid exposure to the sun. Apply sunscreen with a SPF 30 or greater to the area whenever exposure to the sun is unavoidable.
- Avoid exercises that can cause vasodilation (dilation of blood vessels) for one week post treatment. Walking is encouraged.
- If makeup is allowed, apply and remove it delicately. Excess rubbing can open the area and increase the chance of scarring.
- Discomfort, such as swelling or redness (lasting from a few hours to a couple days), can be relieved with acetaminophen or ice packs.
- Please contact the office immediately if the treated area becomes tender or shows signs of infection, like pus.

Follow-up Treatments

Follow-up treatments are scheduled at least in 3 to 4 week intervals.