

# Vasculaze Protocols

## Vascular Laser Treatment

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Welcome to Sharief Aesthetics. Vasculaze is a laser treatment that targets and reduces visible spider veins and vascular lesions. Please follow these protocols closely for your safety and your results.

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## Pre-Treatment Preparation

### 1. Sun Exposure

- Avoid direct sun, tanning beds, and self-tanning creams for at least 4 weeks before treatment.

*Why: tanned skin increases the risk of blistering and pigment changes.*

### 2. Skin Prep

- Arrive with the treatment area clean and free of lotions, perfumes, or makeup.

### 3. Medications

- Avoid blood-thinning agents (Aspirin, Ibuprofen, Vitamin E) for 3–5 days before to minimize bruising. Do not stop a prescription blood thinner without your physician's approval.

### 4. Active Infections

- Treatment cannot be performed over active cold sores, open wounds, or infections.

### 5. Clothing (leg vein treatments)

- Wear loose-fitting clothing, and bring compression stockings if your provider has discussed them.
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## Post-Treatment Recovery

### What to Expect

- Redness, swelling, or a "cat-scratch" appearance in the treated area is normal and usually settles within 24–48 hours.
- Treated veins may look darker or "bruised" for 1–3 weeks before your body reabsorbs them.

### Aftercare

- Heat: avoid hot tubs, saunas, and strenuous exercise for 48 hours, which can cause the treated vessels to re-open.
  - Sun: apply a broad-spectrum SPF 30+ daily to the treated area for at least 4 weeks to prevent post-inflammatory hyperpigmentation.
  - Skin: do not pick at any crusting or scabbing; apply a gentle moisturizer or Aquaphor if the skin feels dry.
  - Compression (leg veins): wear compression stockings as directed (usually 3–5 days) to support the best result.
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## When to Contact Us

- **Routine questions:** 902-423-7919
- **After-hours concerns:** 902-340-2023

**CONTACT US IMMEDIATELY — blistering, raw or broken skin, or pain that is severe or persistent.**

**SEEK URGENT MEDICAL CARE — if a burn or blister shows signs of infection (increasing pain, pus, or fever).**