



CoolGlide® Vein Therapy **Pre-Treatment Instructions**

For best results, please follow these pre-treatment instructions:

- To avoid hyperpigmentation (dark spots) after treatment, do not expose yourself to the sun. Use a daily sunscreen with a SPF of at least 30. In addition, you must avoid the use of self-tanning agents, spray tans, tanning beds or any other artificial pigment to the skin while undergoing treatment for at least 4 weeks prior to the first treatment.
- Avoid any irritants to your skin, such as products containing retinoic acid or benzoyl peroxide, for 1 week before your treatment.
- If possible, please do not wear makeup if facial veins are being treated.
- Shave any applicable area being treated prior to scheduled appointment. A prep fee will be charged for clients who arrive unshaved.
- To avoid the opening of the treated veins and to avoid significant bruising, do **NOT** take Aspirin, other anti-inflammatory products (Anacin, Bufferin, Advil, Ibuprofen, or Nuprin), or vitamins for 1 week before treatment. Tylenol may be used.
- Please discuss with the physician and/or nurse any medications you are currently taking as well as any health concerns you may have prior to your treatment.