

# Thread Veins

## What is laser used for and what areas can be treated?

We use the Cynosure Elite Plus which is a medical grade laser used to permanently reduce unwanted thread veins, spider veins and cherry angiomas the small red marks that appear on the skin.

Common areas include the legs, cheeks and body.

Consultations and patch tests are free and required before treatment.

## What happens during treatment and is it painful?

Following a consultation and patch test the area to be treated is cleansed and marked out, it is recommended to shave the area before the appointment, but any stray hairs will be removed before the area is treated.

The laser pulse is often described as a wave of heat with the sensation of a pinprick. A cooling machine is attached to the laser that blows cold air onto the skin to keeping it cool during treatment. Aloe vera soothes and protects the skin during treatment and is applied before operating the laser.

Treatments are very quick a cheek treatment for example can take around 15 mins from start to finish.

## How does the laser work?

The laser uses light to create heat and the light is absorbed by colour. The capillary walls are then heated up and become sticky allowing them to heal from within and shrink away from the surface of the skin. 3 sessions 4-6 weeks apart are usually recommended.

## Is it safe?

The Cynosure Laser is proven in studies to be very safe, the staff at Skin by Sarah are highly trained. The laser is suitable for all skin types.

## Is there anything I need to do or not do before my treatment?

Avoid sun exposure, tanning beds, sunless tanning lotions or creams at least 6 weeks before treatment, this causes risk of blistering to the skin.

The area can be shaved 24 hours before treatment.

## What are the possible side effects?

- Slight darkening of the veins, redness and swelling may be seen for 24-48 hours. This is normal and is a sign of successful treatment.
- Although rare other side effects can occur including burns, blisters, pustules, scabbing, hypopigmentation, hyperpigmentation and scarring

## What after care should I follow?

Its really important to care for your after care following a treatment to ensure your results are as effective as possible and reduce the likelihood of complications. At Skin by Sarah we are passionate about delivering great results and committed to safety we are always happy to help with aftercare and advise the following:

- Avoid sun exposure for 6 weeks always apply SPF 30 or above
- Avoid heat treatments such as steam rooms, saunas for 7 days.
- Avoid excessive scrubbing or applying pressure to the skin 4-5 days after.
- Avoid shaving 72 hours after treatment.
- Avoid exercising at least 48 hours
- Avoid hot baths/showers 48 hours
- Avoid swimming for 48 hours (chlorine)
- Avoid tight boots and leggings or restrictive clothing over the treated areas.