

RED VEIN REMOVAL PRE & POST TREATMENT CARE

How to Prepare for Candela GentleMax Pro Vascular Treatment

To get the best results and minimize any risks, follow these simple steps before your treatment:

- **Avoid sun exposure & tanning** – Stay out of direct sunlight and skip self-tanners for at least **2-4 weeks** before your appointment.
- **Skip active skincare** – Stop using retinoids, AHAs/BHAs, and other exfoliating products **5-7 days** before treatment.
- **No blood thinners** – Avoid aspirin, ibuprofen, and alcohol for **48 hours** before your session to reduce the risk of bruising.
- **Come with clean skin** – No makeup, lotion, or skincare products on the area being treated.
- **Tell your provider about medications & medical history** – Certain medications and conditions can affect treatment safety and effectiveness.
- Following these steps will help ensure a **smooth treatment and faster healing**.

Aftercare for Candela GentleMax Pro Vascular Treatment

Taking care of your skin after a **vascular laser treatment** helps ensure the best results and minimises side effects. Here's what you need to know:

Immediately After Treatment

- **Redness & Swelling:** Some redness and mild swelling are normal and usually subside within a few hours to a couple of days.
- **Cool Compress:** Apply a cold pack or a damp, cool cloth (not ice directly) to reduce swelling and discomfort.
- **No Touching:** Avoid rubbing, picking, or scratching the treated area.

What to Avoid (First 48-72 Hours)

- **Heat & Sun Exposure:** Keep the area cool—no hot showers, saunas, or direct sun.

- **Active Skincare:** Avoid retinoids, exfoliants (AHAs/BHAs), and vitamin C until skin is calm.
- **Heavy Workouts:** Excessive sweating can irritate the skin. Keep it light for a couple of days.

Long-Term Care for Best Results

- ☀️ **Sunscreen is Non-Negotiable** – Use SPF 50+ daily to prevent pigmentation and protect your results.
- **Gentle Skincare** – Stick to mild cleansers and hydrating products to support healing.
Bruising or Darkening? – Some veins may darken before fading. This is normal and will resolve over time.

Results develop over several weeks, with **some veins disappearing immediately and others fading gradually**. Multiple treatments may be needed for optimal results.