



# BLACKHAWK

## PLASTIC SURGERY & MEDSPA

### Vascular Treatments (Excel V): Pre & Post Care Guide

#### About the Treatment

**Vascular Treatments** with Excel V Laser therapy targets unwanted veins by using light that's absorbed by the blood, gently heating and closing off the vessel. Over time, the treated veins fade as your body naturally absorbs them. Treatments are safe for all skin types, generally comfortable, and involve little to no downtime so you can get back to your usual activities quickly. Single or multiple sessions may be needed for best results, depending on the size and location of the veins. Some veins may not fully disappear, and your provider will review what you can expect.

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#### Before Your Treatment

- Avoid direct sun exposure & tanning, spray tans and any other self-tanners on the area being treated for at least 2-4 weeks.
- Shave the treatment area 24 hours before your appointment.
- Avoid blood-thinning medications or supplements (e.g. aspirin, ibuprofen, fish oil, or vitamin E) unless approved by your provider.
- Wear loose, comfortable clothing to the appointment.
- Discuss allergies and medications: let your provider know if you're on antibiotics, Accutane, or other photosensitizing drugs.

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#### What to Expect During Treatment

- You may feel mild snapping, tingling, or warmth during treatment.
- Cooling gels will be used for comfort.
- Treatment time depends on the size and number of veins being treated.

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#### After Your Treatment

- Redness, swelling, or bruising may occur and typically resolve within a few days.
- Avoid direct sun exposure for 2 weeks after treatment. Use SPF 30+ daily.
- Avoid hot baths, saunas, or strenuous exercise for 24–48 hours.
- Do not pick, scratch, or massage the treated veins aggressively.
- Gentle walking is encouraged to promote circulation.
- Veins may appear darker initially, then gradually fade over 2–6 weeks.