

THE STERN CENTER

FOR AESTHETICS

ClearV® Pre/Post Treatment Guidelines

ClearV® is a 1064nm Nd:YAG laser that effectively and safely targets and treats spider veins, angiomas, vascular lesions on the face and body and leg veins. By applying targeted heat to stimulate the body's natural processes of healing, ClearV® clears away vascular imperfections on the face and body. Treatment intervals are every 4-6 weeks.

Pre-Treatment Guidelines:

- Avoid active tanning, spray tanning, self-tanners, for about 2-4 weeks prior to treatment
- If you have a history of the HSV 1 virus, and we are treating your face, you will need a prescription for an antiviral prior to your appointment
- Avoid treatment if you are pregnant or lactating
- Discontinue the use of Retin A (tretinoin) in the treatment area 1 week prior to treatment

Post Treatment Guidelines:

- Angiomas and spider veins may appear red, purple, or gray in color; they may also swell or scab
- Treatment of leg veins will present as a "cat scratch" and may appear dark red, purple, or gray
- Avoid strenuous exercise for leg veins up to 3-5 days as this may interfere with vessel closure
- Wear compression stockings for leg veins up to 72 hours post treatment
- Healing can take 2-6 weeks depending on the size and depth of the vascular lesion
- Avoid lakes, pools, hot tubs, saunas, and excessive physical activity 48-72 hours post treatment
- Avoid waxing, threading, sugaring, or shaving the treatment area for at least 7 days post treatment depending on the healing phase
- Avoid picking, rubbing, scrubbing, exfoliating, and loofahs 2 weeks post treatment
- Avoid Aspirin or Aspirin containing products for two weeks post treatment; for discomfort, Extra Strength Tylenol or Advil may be taken as needed
- Use a cool compress on the treatment site every 10-15 minutes until you are comfortable
- Apply Vitamin E or Aloe to the area for soothing within the first 12 hours if needed
- Use gentle products on your skin up to 72 hours post treatment; keep covered with sunscreen if exposed to UV rays
- Avoid direct sun exposure on the treatment area for 7 days post treatment as the area will be prone to sunburn
- Blistering may occur; keep clean and moist with Aquaphor and contact us immediately for proper wound care