

# Treatment for Unwanted Leg Veins Ahhh

We're pleased to offer a laser treatment that can quickly and safely eliminate unsightly leg veins, spider veins, and broken capillaries up to 4mm in diameter.

## What are the benefits?

Our advanced technology minimizes the redness and bruising normally associated with traditional treatments. This technology allows us to treat people of any ethnic origin and skin type, including tanned skin.

## How does it work?

The laser energy is absorbed by the pigment in the blood and collapses the unwanted vein. The laser energy is delivered through a handheld device with a cooling tip that protects your skin.

## When will you see results?

The appearance of leg veins will either dramatically fade or completely disappear during the treatment. Some vessels may show temporary swelling that will subside after a few hours to a few days. The redness of the treated vessels will gradually disappear as the healing process occurs. This may take two to eight weeks.

## How often can you have it done?

Most patients see excellent improvements after just two treatments. Individual results will vary with some needing just one treatment and others requiring a third. Optimal results will be achieved by closely following the post-treatment instructions. The usual treatment interval is eight weeks.

## How long does it take?

Most treatments take 15 to 30 minutes.

## Are there any side effects?

Immediately following the procedure you may experience some redness in the treated area. The redness usually disappears within one to three days.

## How much does it cost?

Cost may vary depending on the number of veins to be treated and the size of the area to be treated. Treatments start at \$150 per session. For more exact pricing and plan options, call 231.924.7800 for a free consultation.

All consultations and treatments will be given by James Patenge DO, OB/GYN and/or aesthetician-laserscope certified technicians.

## Pre-Treatment Instructions:

- Apply SPF 45 sun block on all treatment areas that are exposed to the sun.
- Tell us if you have taken tetracycline in the last month, or accutane in the past year, or are planning on taking either.
- Inform us of any changes in medical history since your last visit.
- Shave the area to be treated 12 hours prior to the treatment, if necessary. (We can shave and prep you at an hourly rate. You must schedule additional time for prep with the front desk.)
- Do not use aspirin, alcohol, NSAID's (ibuprofen, naprosyn, etc.), ginkgo or St. John's Wort for 10 days prior to treatment.
- Do not use tetracyclines or zithromax for seven days prior to treatment.

No children are allowed in the treatment room. Children must be accompanied by an adult in the waiting area.



## Post-Treatment Instructions:

- Avoid sun exposure and wear SPF 45 sun block for one month after treatment on all treated areas that may be exposed to the sun.
- If blistering occurs, apply Hydrocortisone 1% or an antibiotic ointment in a thin layer as directed twice a day.
- Please call us at the first sign of persistent pain or blistering.
- Wear support hose, 20 to 30 psi, continuously for three to five days following treatment.
- Leave pressure bandage on for 48 hours.
- Wash treatment area twice a day with tepid water and mild soap.
- Do not exercise for three days after treatment.
- Do not use alcohol, aspirin, Advil or any blood thinners for five days.
- Do not take hot showers, baths, use hot tubs or saunas for five days.

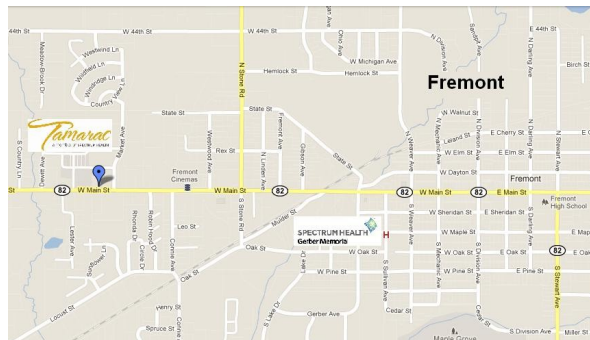
## Post-Treatment Expectations

- Expect some redness and swelling, which may convert to a “cat scratch” scab for two to three weeks.
- Leg vein resolution usually takes about eight to twelve weeks, with approximately two to three treatments needed for maximum results. Facial vein resolution takes up to two weeks. At the end of this process, some blood vessels may have disappeared while others may be lighter or not affected.

All treatments and/or packages must be paid for, in full, prior to first treatment.

**SHGM Mission:**  
To improve the health of the communities we serve.

**SHGM Vision:**  
By 2020, Spectrum Health will be the national leader for health.



# Ahhh

The **Spa** at Tamarac

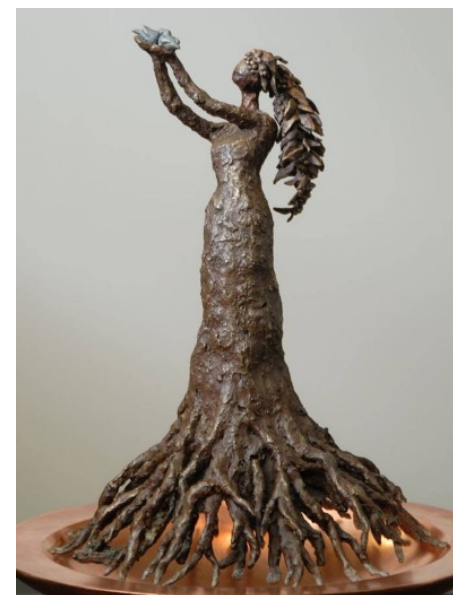
Located inside Tamarac  
The Center for Health and Well-being

1401 W. Main Street  
Fremont MI 49412  
**231.924.7800**

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