



CULTSKIN[®]

PRE AND
POSTCARE
ALMA CLEARVEIN
LONGYAG
VASCULAR LESION
REMOVAL

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PRE & POST-TREATMENT CARE

ClearVein LongYAG by Alma uses a long-pulsed 1064 nm Nd:YAG laser to selectively target deeper blood vessels and vascular lesions. The laser energy is absorbed by blood within the vessel, creating controlled heat that causes the vessel to coagulate and gradually clear through the body's natural processes.

It may be used to treat concerns such as thread veins/telangiectasia, spider veins, cherry angiomas and other suitable vascular lesions. The treatment can be performed on the face and body, depending on the lesion and clinical assessment.

PRE-TREATMENT CARE

2 WEEKS BEFORE

- Avoid direct sun exposure and tanning on the treatment area.
 - Do not use sunbeds.
- Avoid artificial tan or self-tanning products on the treatment area.
 - Apply SPF 50+ daily.
- Avoid other laser, IPL or energy-based treatments on the same area unless specifically advised by your practitioner.
- Avoid treatment if the area is sunburnt, irritated or significantly inflamed.
- If you are due to go on holiday, please ensure your treatment is completed at least 2 weeks before your holiday.

5-7 DAYS BEFORE

- Keep the treatment area clean and free from irritation.
- Avoid aggressive exfoliation, scrubs or irritating skincare on the treatment area.
- Avoid waxing or other treatments that may irritate the skin immediately before your appointment.
- Do not introduce new active skincare products to the treatment area

BEFORE YOUR APPOINTMENT

Please inform your practitioner if you:

- Have an active infection, cold sore, open wound or significant skin irritation.
 - Have recently been exposed to significant sun or used a tanning bed.
- Have recently had laser, IPL, chemical peel, microneedling or another energy-based treatment.
 - Are taking medication that may increase photosensitivity or affect healing.
 - Have any changes to your medical history or medication.
 - Are pregnant or breastfeeding.

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Do not stop prescribed medication without speaking to your prescribing clinician.

Your practitioner will assess the vascular lesion and surrounding skin before treatment. The appropriate laser settings depend on factors including the vessel's depth and size and your skin type.

ON THE DAY

- Arrive with the treatment area clean and free from makeup, SPF, creams and oils.
 - Do not apply artificial tan to the treatment area.
 - The area will be cleansed before treatment.
 - Protective eyewear will be provided.
 - Cooling may be used during treatment to improve comfort and protect the surrounding skin.
 - You may feel a warm or snapping/flicking sensation as the laser targets the vessel.
- Immediately following treatment, the treated vessel may appear darker, grey, purple or have a temporary white/grey cast. Mild redness or swelling around the vessel can also occur.

POST-TREATMENT CARE

IMMEDIATELY AFTER

You may experience:

- Redness around the treated vessel
 - Warmth
 - Mild swelling
 - Tenderness or sensitivity
- Temporary darkening or greying of the vessel
- A slight white or pale appearance immediately around the treated vessel
 - Mild bruising

These effects are generally temporary and form part of the expected vascular response.

A cool compress can be used for comfort. Do not apply ice directly to the skin.

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FIRST 24 HOURS

- Keep the area clean and handle it gently.
- Avoid rubbing, scratching or massaging the treated area.
- Avoid strenuous exercise if the area remains hot, swollen or uncomfortable.
 - Avoid saunas, steam rooms, hot tubs and excessive heat.
 - Avoid very hot showers or baths.
- Avoid swimming if the treated skin is irritated or if any blistering/open areas are present.
 - Apply a gentle moisturiser if required.
 - Apply SPF 50+ to exposed treated areas.

FIRST 48-72 HOURS

- Continue to avoid excessive heat.
- Avoid exfoliation, scrubs and irritating skincare.
- Do not pick, scratch or attempt to remove any crusting.
- Avoid waxing or other treatments that may irritate the treated area.
- Avoid additional laser, IPL or energy-based treatments unless advised by your practitioner.
 - Continue to protect the area from direct sunlight.

FIRST 7-10 DAYS

The treated area should be handled gently while it heals.

- Do not pick or scratch any scabs, crusting or areas of peeling.
 - Keep the area clean and moisturised.
- Avoid swimming or activities that could irritate the area if the skin is not fully healed.
 - Avoid excessive heat.
 - Continue daily SPF 50+.
 - Avoid direct sun exposure.

Vascular laser aftercare guidance recommends treating the area gently during the initial healing period and avoiding picking or scratching treated areas.

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SUN PROTECTION

Strict sun protection is essential following vascular laser treatment.

- Apply SPF 50+ every day.
- Reapply regularly when outdoors.
- Avoid direct sunlight on the treated area for at least 2 weeks.
- Avoid sunbeds and intentional tanning.
- Wear protective clothing and a hat where appropriate.
- Seek shade where possible.

Avoiding UV exposure helps reduce the risk of post-inflammatory pigmentation and protects the treated skin while it heals. CULTSKIN specifically recommends avoiding direct sunlight for at least two weeks following ClearVein LongYAG treatment.

SKINCARE

Keep skincare simple while the area settles.

AM

1. Gentle cleanser
2. Gentle moisturiser
3. SPF 50+

PM

1. Gentle cleanser
2. Gentle moisturiser

Avoid retinoids, retinol, AHAs, BHAs, strong exfoliants and other potentially irritating active ingredients on the treated area until the skin has fully settled and your practitioner advises that they can be restarted.

MAKEUP

For facial treatments, makeup should only be applied when the skin is comfortable and intact. If there is significant swelling, blistering, crusting or broken skin, do not apply makeup over the affected area until it has healed.

Your practitioner may recommend a specific period without makeup depending on the treatment response.

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EXPECTED RESULTS & RECOVERY

The treated vessel may initially become darker, grey, purple or more noticeable before gradually fading. This does not necessarily mean the treatment has been unsuccessful; it can reflect the intended vascular response.

Results develop progressively as the body clears the treated vessel. Some vessels may show improvement within days, while deeper or larger vessels can take considerably longer. Depending on the size, depth and type of vascular lesion, multiple treatment sessions may be required. Alma notes that results and treatment requirements vary according to the vascular lesion being treated.

When Should I Contact CULTSKIN® Immediately?

Please contact the clinic promptly if you experience:

- Significant or increasing pain
- Severe or persistent swelling
- Blistering
- Significant skin breakdown or open wounds
- Increasing redness or heat
- Significant or worsening discolouration
- Signs of infection, including discharge or increasing tenderness
- Any reaction that concerns you

Occasionally, vascular laser treatment can cause temporary blistering, crusting or pigmentary changes, particularly when treating larger vessels or depending on individual skin response.

If you experience severe symptoms or feel unwell, seek appropriate medical attention

Although complications are uncommon, prompt assessment is essential if any of the above occur.

Should you feel concerned by what seems like an adverse reaction, want reminding on your specified aftercare instructions, or in the case of an emergency, feel free to call us on our main line number, **0203 970 4693**, within opening hours. However, we also have a dedicated emergency line, open 24 hours a day, to which you can call on **07311799185**

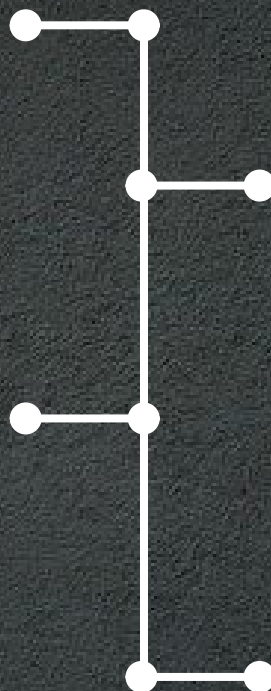


CULTSKIN® LAB

At CULTSKIN®, we believe in taking a holistic approach to skincare, where every step of your journey is carefully planned to achieve lasting results. The CULTSKIN® Lab is the UK's first of its kind, offering an exclusive 12-month subscription that provides you with one advanced skin treatment every month, ensuring consistent care and improvement throughout the year.

During your initial CULTSKIN® Lab consultation, your skin will be digitally scanned using the ph formal scanner, which identifies any areas that may need special attention.

At each treatment, we'll assess your skin and adjust your plan to address any new concerns that may arise.



Based on this analysis, our experts will create a personalized treatment plan tailored to enhance the overall quality of your skin in the most effective way.

As a CULTSKIN® Lab member, you'll also receive a complimentary skin scan every three months, allowing us to track your progress and fine-tune your treatment plan for optimal results.



This personalized, ongoing care is a core part of your skincare journey, ensuring you achieve the healthiest, most radiant skin possible.

PRICING

See below your custom quotation for treatment from our 5 star team.

FLEXIBLE PAYMENT OPTIONS AT CULTSKIN®

At CULTSKIN®, we believe that achieving your goals should be accessible and stress-free. That's why we offer a range of flexible payment options to suit your needs.

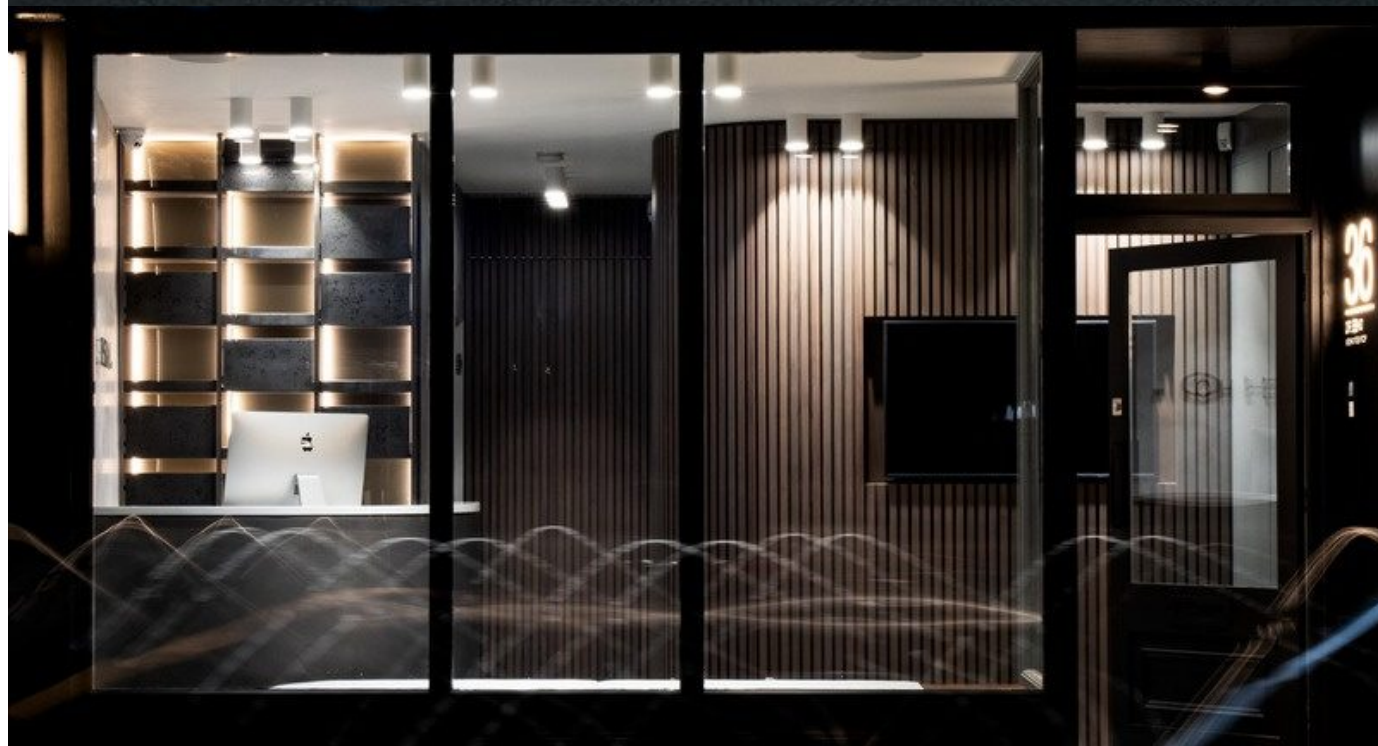
- **Klarna:** Split your payments into manageable, interest-free installments with Klarna. Enjoy your treatments now and pay later at your convenience.
- **Plim Finance:** Spread the cost over a longer period with Plim Finance, designed to offer affordable monthly payments without compromising on quality.
- **GoCardless:** Set up hassle-free, recurring payments for subscriptions and memberships with GoCardless, ensuring your skin journey is seamless and uninterrupted.

We also have a range of subscription models to make premium treatments accessible to all budgets. Speak to our team today to find the best option for you and for more information see [here](#).

CULTSKIN® LAB

The CULTSKIN® lab is annual subscription which is composed of 12 affordable monthly payments which work out 50 % less than the ad hoc treatment prices with a host of other benefits. For more information see [here](#).

For those seeking a more flexible approach, the CULTSKIN® LITE Lab offers a rolling subscription with an initial deposit and monthly payments, providing express treatments and exclusive benefits. Rest assured, all payments are processed securely, and we ensure a seamless experience for our clients every step of the way.



If you would like to go ahead with any of the previous treatments, then you can book your appointment today one of three ways:



ONLINE
click here



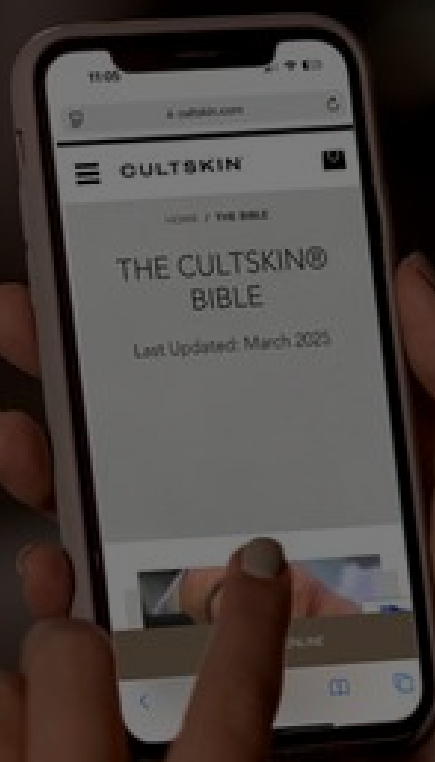
BY PHONE
02039704693



BY EMAIL
bookings@cultskin.com

VIEW OUR FULL LIVE TREATMENT BIBLE

CLICK HERE



A Black man with a shaved head and a beard is smiling broadly, looking off-camera to the right. He is wearing a black t-shirt and has his hands clasped in front of him. The background is a modern interior with a grey wall and a white ledge. The lighting is soft and even.

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