

keep glowing

med spa

Laser Vascular Lesion Care Instructions

Pre-Treatment Care

- If you have had a history of peri-oral or genital herpes simplex virus (HSV), we suggest you take prophylactic antiviral therapy. We suggest you discuss this with your regular primary care physician. Your treatment provider may also discuss prophylactic treatment options with you.
- **RECENTLY TANNED SKIN CANNOT BE TREATED!** If treated within 2 weeks of active (natural sunlight or tanning booth) tanning, you may develop hypo-pigmentation (white spots) after treatment and this may be permanent. The use of self-tanning skin products **MUST** be discontinued **ONE WEEK** before treatment. Any residual self-tanner should be removed prior to treatment.
- Your physician may ask you to stop any topical medications or skin care products 3-5 days prior to treatment.

Post-Treatment Care

You have been treated with one of the vascular lasers. The treated area is very delicate and should be treated gently. The treated area may be bruised, depending on the laser used, and a crust may form. This may last for 1 to 2 weeks. Please read and follow these instructions.

- Avoid direct exposure to sunlight during the first 6-8 weeks following your laser treatment. A sunscreen of SPF 30 or greater should be used whenever exposed to the sun. Wide-brimmed hats, sunglasses, sun-protective clothing or bandages may also be used for sun protection.
- Avoid any trauma, such as scratching, picking or rubbing, to the treated area.
- Showers are permitted, but gently pat the area to dry.
- You may apply make-up to conceal treated areas after 24 hours. Be careful not to rub or abrade your skin when removing make-up. A green base concealer works best to camouflage the purple or red discoloration that may have been induced by your treatment.
- Wash the treated area with a mild soap (CeraVe, Purpose or Cetaphil) daily.
- You may want to apply Aquaphor Healing Ointment daily for any crust that may form.
- The area does not need to be covered, but a band-aid or non-stick (Telfa) gauze should be applied to protect the treated area from irritation by clothing, jewelry, eyeglasses, etc.
- If your face has been treated, keep your head elevated by sleeping on 3-4 pillows for 2-3 days to help prevent swelling. Ice compresses applied during the first 1-2 days also minimize swelling.
- Should you experience any pain, discomfort or stinging, which usually lasts no longer than 6 hours you may take acetaminophen (Tylenol).
- 2-3 treatments are recommended with 4-6 weeks between each treatment. Follow up as directed by your provider.

Please call our office at 848-217-2662 if you have any questions or concerns. If you cannot reach our office and are in need of immediate medical care, please report to your nearest emergency room.