



## **Skin Care for Vascular Treatment**

### **PRECAUTIONS BEFORE LASER TREATMENT**

1. Do not drink alcohol, take aspirin, ibuprofen, vitamin E or fish oils for three days prior to, and 3-5 days after your laser treatment. Using these may increase the likelihood of bruising.
2. Avoid direct exposure to the sun. A sun screen of 30 or greater should be used when exposed to the sun for several months before and after your treatment, or as long as you plan to continue treatment. Darker melanin or pigment from the sun may produce side effects or make the treatment less effective.

### **CARE OF THE TREATED AREA**

The treated area may show a reddish/bruised discoloration. This will last 5-14 days, depending on what part of the body is treated. The treated area is delicate and should be treated with care. Please read and follow these instructions.

1. Discomfort or stinging may be evident, but usually lasts no more than six hours. Tylenol may be taken or cool packs applied during this period.
2. If swelling occurs, cool compresses may be applied. Facial swelling may improve if you sleep with your head elevated.
3. Antibiotic ointment should be applied if there is crusting or scabbing.
4. If a crust or scab develops, allow it to fall off on its own. **DO NOT PICK OR SCRATCH** at the area. Keep the area moist with the ointment until the crust falls off.
5. Showering is permitted. Do not soak in a hot tub until the area is healed. Do not rub the treated area with a face cloth or towel. Pat the area dry so the skin is not disturbed.
6. Avoid swimming and sports if bruising is present to reduce skin irritation and infection.
7. Do not apply make-up for 2-3 days, as long as the crusting is present.

WHEN THE DISCOLORATION OR BRUISING CLEARS, THERE MAY BE VERY LITTLE CHANGE IN THE VASCULAR LESION. IMPROVEMENT WILL TAKE PLACE SLOWLY OVER A PERIOD OF WEEKS.

IF YOU HAVE ANY QUESTIONS OR CONCERNS REGARDING YOUR LASER TREATMENT, PLEASE CONTACT THE OFFICE