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POST CARE FOR VASCULAR LASER TREATMENTS

WHAT TO EXPECT

- Some treated areas may show swelling. Swelling may appear as overall puffiness in the face, or as isolated and scattered "pillows" on the face. Swelling usually lasts 3-4 days, but can persist up to a week. Application of ice in the first 24 hours and sleeping with your head elevated can help reduce swelling.
- Redness of the treated area may last for 3-5 hours. During this time you may feel a slight stinging sensation similar to a sunburn. A cool pack or ice may be applied to help reduce the sensation. If desired, makeup can be applied to conceal the redness.
- **It is important to know you may not see any significant changes for several weeks after the laser treatment. A series of treatments is often recommended, with 4-8 weeks between each treatment.**

WHAT TO AVOID

- **Direct exposure to the sun.** For several weeks before and after your treatment, an SPF 30 or greater should be used if exposed to the sun. Tanned skin may increase the risk of complications or make the treatment less effective.
- **Activities that can cause increased vasodilatation (dilation of blood vessels.)** Activities that promote "flushing and blushing" can limit the success of the treated areas. Intense heat such as soaking in a hot tub, taking a hot bath, steam rooms, saunas, and Bikram Yoga should be avoided for 3-5 days post treatment. Strenuous exercise should also be avoided 3-5 days post treatment. The intense heat from the above activities may cause additional redness and swelling and may reduce the benefits of the treatment. Warm showers will not affect the redness and swelling.
- **If possible, medications and supplements with blood thinning properties** should be avoided 2 weeks before treatment and 3-5 days after treatment. Avoidance of these will optimize results and reduce bruising and swelling. Common blood thinning medications and supplements include: Aspirin, Ibuprofen, Vitamin E, Omega 3 fish oils, and flaxseed oil.
- **Avoid medicated and or active products for 2-3 days post treatment.** These include retinoids, tretinoins, glycolics, salicylic acids, lactic acids, hydroquinone products (which

is the active ingredient in many of the Obagi and BACD brightening products), dapsone, acne products, or precancer treatments as directed by your provider.

- **Discontinue any photosensitizing medications, including certain antibiotics, at least 7 days prior to treatment.** Please notify our office of all current medications before your appointment to ensure your treatment can be performed safely.

HOW TO CARE FOR SKIN

- The treated area is very delicate and should be handled with care. Do not rub the treated area with a face cloth or towel. Instead, pat the area gently to dry so the skin is not disturbed.
- Use only gentle cleansers and moisturizers for the first 2-3 days.
- Shaving over the treated area should be avoided for 2-3 days post-treatment. Do not wax the treated area(s).
- After 2-3 days, incorporating a redness control skincare product can help maintain results.

If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.

Questions or concerns? Please securely send a direct message to your provider or call the office 281-332-9682.