



*Rejuvenation through art and science*

## **Treatment Instructions** **Vascular Lesions**

### **Pre Treatment:**

- Tanning should be avoided for 4-6 weeks prior to treatment.
- Self-tanning creams and sprays need to be completely faded.
- During the course of treatment, skin that is exposed to sun needs to be covered with a sunscreen with an SPF of at least 30, applied as a thick layer 20 minutes before sun exposure .
- The hair needs to be in the follicle at the time of treatment. Lasers target the pigment melanin in the hair beneath the surface of the skin. Because of this, do not wax, tweeze, bleach, thread, or use depilatory agents for 4 weeks prior to treatment. If facial hair is being treated, usually avoidance of these methods for only 2 weeks is necessary because facial hair grows faster. If a form of hair removal is necessary, shaving or clipping can be done because these methods allow the hair to stay in the follicle. It is usually advisable to see some hair growth on the day of treatment.
- Lotions, creams, makeup, and deodorant are removed before treatment. These can obstruct or refract laser light negatively.

### **Post Treatment Instructions**

- 1) Immediately after treatment, there may be mild redness and swelling at the treatment site, which may last up to 2 hours or longer. The redness may last up to 2-3 days. The treated area may feel like a sun burn. Apply ice in 15-20 minute intervals for first few hours after treatment to reduce any discomfort or swelling.
- 2) Makeup may be used immediately after the treatment unless there is blistering.
- 3) Avoid sun exposure until skin has returned to its normal baseline (no redness or swelling).
- 4) Blistered or ulcerated skin should be treated with an antibiotic ointment, Aquaphor and a burn treatment cream if necessary. If crusting occurs, avoid picking at it since this can cause scarring. If scabs appear after blistering, they should be kept soft with a lubricating cream. Once the scab falls off the skin may be lighter or darker. There can be a significant color difference from the unburned skin initially and it can take several months for this to resolve.
- 5) If receiving treatment for unwanted veins in the lower extremity, wearing compression stockings for several days is recommended but not necessary. Avoid hot tubs, saunas and hot baths during this period.
- 6) Start gently scrubbing treated area on the 4th day (ex-foliate).
- 7) Many vascular lesions require multiple treatments to achieve optimal results.

Treatments are usually performed at 4-6 week intervals or as advised by your clinician. Use post-laser lotion (if available) twice a day for 3 days.

Please call the office if you have any questions or concerns during your recovery period. **414-964-1111**

Additional Instructions: \_\_\_\_\_