

## VBEAM

## POST CARE INSTRUCTIONS

Immediately after treatment your skin will feel warm and have a mild stinging sensation. This usually resolves within a few hours after treatment.

It is normal for the skin to appear red and swollen following treatment. Depending on the intensity of the treatment, this typically resolves within 24-48 hours; however, some patients experience swelling or puffiness for up to 3-4 days following treatment. Ice packs may be used after the treatment to help alleviate swelling. You may also take Tylenol to alleviate discomfort.

Please avoid fish oil, aspirin (if approved by your doctor), and anti-inflammatories such as ibuprofen for 2 weeks prior to treatment, as this can cause or worsen bruising.

Bruising or purple discoloration may occur and will gradually fade over the next 5-10 days. Make-up may be applied over the bruise. Green concealer is a useful cover-up tool. Do not pick or attempt to drain the purple discoloration.

If larger blood vessels are treated, it is common for them to appear darker after the treatment. This will fade over 5-10 days.

Avoid strenuous exercise for 7 days after treatment, as this may worsen post-laser redness and swelling and could cause treated blood vessels to reopen or dilate with exertion. Avoid hot tubs, steam rooms, saunas etc. for at least 48 hours after treatment.

Avoid any sun exposure for 2 weeks after your laser treatment and wear sunscreen of SPF 30+ daily.

Use a mild cleanser (SkinCeuticals Gentle Cleanser or Foaming Cleanser), gentle moisturizer (Hydrating B5 drops, Phytocorrective gel, Daily Moisturizer, or Redness Neutralizer), as well as a daily sunscreen (Physical fusion-tinted, Sheer Physical UV Defense-non tinted) for 7 days following treatment.

Avoid using exfoliating scrubs or washes, products containing alpha-hydroxy acids or beta-hydroxy (salicylic) acids, retinol / Retin-A, and benzoyl peroxide for 7-10 days following treatment.

Please note that multiple treatments with VBeam are required for optimal results. Treatments can typically be scheduled 4-6 weeks apart. Port Wine Stains are treated 8-10 weeks apart.

Port Wine Stain care: Extensive bruising and swelling is expected. Apply ice packs to the treated area in 15 minute intervals following treatment for 12-24 hours. Epidermal Repair or Vaseline should be applied to the treated area 2-3 times daily for the first week after treatment and then to any areas of persistent scabbing/crusting until they have completely healed.