



### ***Vascular Laser Post-Treatment Instructions***

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- Immediately after treatment there may be redness, swelling, bruising and hives which may last up to two hours or longer. You can use an ice pack during the first few hours after treatment to help alleviate swelling and discomfort.
- During the first seven days following treatment, care should be taken to prevent trauma to the treated site.
- When showering or bathing, pat the treated skin dry; do not rub excessively.
- Avoid using skin irritants such as Retina-A, Benzyl Peroxide, Glycolic Acid, and astringents on the treated areas until skin changes abate. Chemical peels are not recommended throughout the treatment series.
- 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.
- Avoid sun exposure to the treated area for two weeks. Use sunscreen with SPF 30 or greater on the treated area during the entire course of the laser treatments.
- 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.
- 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.

**Please do not hesitate to contact us with questions or concerns.**