

## **VBeam Pre- and Post-Treatment Instructions**

### **Pre-Treatment Precautions Before Laser Treatment**

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

### **Post-Treatment Instructions**

The treated area is delicate and should be handled with care.

Please follow these instructions:

- The treated area may show a reddish/bruised discoloration. This may last five-to-fourteen days, depending on what part of the body was treated. You may have some discomfort or stinging, but this usually lasts no more than six hours. You may take Tylenol or apply cool packs for your comfort.
- To decrease swelling, stay upright for four-to-six hours post-treatment. If swelling occurs, cool compresses may be applied. If severe swelling occurs, please contact our office.
- 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 Vaseline until the crust falls off.
- Showering is permitted. Do not soak in a hot tub until the area is healed. Pat the area dry so the skin is not disturbed and do not rub the treated area with a face cloth or towel.
- Avoid swimming and sports if bruising is present to reduce the risk of skin irritation and infection. Avoid saunas, hot tubs, and facials.
- Do not drink alcohol or take aspirin, ibuprofen, vitamin E, or fish oils for three days prior to, and three-to-five days after your laser treatment. Using these may increase the likelihood of bruising.
- Avoid direct exposure to the sun. For several months before and after your treatment, or as long as you plan to continue treatment, a sunscreen of SPF 30+ should be used. When any discoloration/bruising clears, there may be very little change in the vascular lesion. Improvement will take place slowly over a period of weeks.
- Please call us with any questions or concerns.
- Please note: Several treatments may be needed before results are visible, and there is no guarantee of results with this treatment.