

Vascular Laser Information and Instructions

This laser is a pulse dye laser used to treat vascular lesions including, but not limited to, blood vessels and telangiectasias, hemangiomas, and vascular birthmarks. It works by heating up the vessel inside the skin, forcing the body to re-route the blood supply.

There are two ways to treat depending upon your needs regarding down-time and cost.

- 1) **Intense (purpura-forming):** This method of treatment may achieve your desired results in fewer sessions (1 to 2), however, there is more down-time. You will have severe bruising with this form of treatment which will be noticeable for 7 to 14 days and may be difficult to cover with make-up.
- 2) **Mild (non-purpura):** This form of treatment has fewer side effects but will require more sessions (3 to 5) to achieve the desired outcome. You will experience fewer side effects; possibly some mild redness or swelling, however, bruising will be limited.

Plan ahead! Please plan your schedule accordingly to accommodate for the possible side effects and down-time.

Before the treatment:

- Please arrive to your appointment wearing no make-up or creams on the area to be treated.
- Avoid sun exposure on the area to be treated for one week prior to treatment.
- Avoid NSAID medications including but not limited to Aspirin, Advil, Aleve, Motrin, Ibuprofen, and Excedrin for one week prior to treatment as these medications may worsen bruising.
- Discontinue use of retinoids (Retin-A, Tretinoin, Differin, or Tazorac), if treating face, for one week prior to treatment.
- Inform your practitioner of all medications that you currently take. Certain medications may make you sensitive to light-based and laser therapies and can increase the risk of adverse side effects.

After the treatment:

- Immediately after the treatment, there may be redness, swelling and/or bruising of the treatment area, which may last up to 24 hours or longer. It is normal for the treated area to feel sensitive for several hours. You may use a cold compress or ice to minimize sensitivity or swelling.
- Avoid NSAID medications including but not limited to Aspirin, Advil, Aleve, Motrin, Ibuprofen, and Excedrin for one week prior to treatment as these medications may worsen bruising.
- Keep the treated skin as clean and dry as possible for at least 24 hours after the treatment.
- The skin may blister as a result of the treatment and is not abnormal. Should any of the blisters open, clean the area thoroughly with a gentle soap such as Dove, and apply antibiotic ointment (Polyprion may be used, avoid Neosporin) and a bandage once a day until healed completely.
- Avoid sun exposure on the treated area until complete healing occurs, this may be up to a week or longer. Use a sunscreen with an SPF of 30 or higher at all times.
- Avoid picking or scratching the treated skin, this may lead to scarring.
- Make-up may be used after 24 hours, unless there is epidermal blistering. It is recommended to use new makeup to reduce the possibility of infection. To cover bruising, you may try Derma Blend or IT Cosmetics Bye Bye Redness make-up for post-procedures.
- Call us with any questions or concerns you may have after the treatment. If you experience increased pain, textural changes (blistering or fluid eruptions), fever/chills, or significant redness in the treated area, call us immediately to be seen right away.

**Please call the office with any further questions or concerns.
561-750-0544 ext. 3015**