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POST-LASER TREATMENT OF VASCULAR LESIONS

You have been treated with one of the vascular lasers. The treated area is very delicate and should be treated gently. The treated area may be bruised, depending on the laser used, and a crust may form. This may last for 1 to 2 weeks. Please read and follow these instructions.

GENERAL INSTRUCTIONS:

Avoid direct exposure to sunlight during the first 6-8 weeks following your laser treatment. A sunscreen of SPF 30 or greater should be used whenever exposed to the sun. Wide-brimmed hats, sunglasses, sun-protective clothing or bandages may also be used for sun protection.

- Avoid any trauma, such as scratching, picking or rubbing, to the treated area.
- Showers are permitted, but gently pat the area to dry.
- You may apply make-up to conceal treated areas after 24 hours. Be careful not to rub or abrade your skin when removing make-up. A green based concealer works best to camouflage the purple or red discoloration that may have been induced by your treatment.

POST CARE INSTRUCTIONS:

- Wash the treated area with a mild soap (CeraVe, Purpose or Cetaphil) daily.
- You may want to apply Aquaphor Healing Ointment daily for any crust that may form.
- The area does not need to be covered, but a band-aid or non-stick (Telfa) gauze should be applied to protect the treated area from irritation by clothing, jewelry, eyeglasses, etc.
- If your face has been treated, keep your head elevated by sleeping on 3-4 pillows for 2-3 days to help prevent swelling. Ice compresses applied during the first 1-2 days also minimize swelling.
- Should you experience any pain, discomfort or stinging, which usually lasts no longer than 6 hours you may take acetaminophen (Tylenol).

If you have any questions or concerns, please call the office at 203-635-0770.