

## **Vbeam POSTOPERATIVE INSTRUCTIONS**

- Precautions to take following your laser treatment
- Do not rub, scratch, or pick at the treated area while the bruising/red discoloration is present
- If the area becomes tender or shows signs of infection, please call the clinic immediately
- Avoid swimming and contact sports while the bruising/red discoloration is present
- Avoid rubbing or pressure (caused by clothing) on the treated areas. A dressing can be applied to the treated area to prevent this.
- Avoid exposure to the sun. If sun exposure is expected, apply a sunscreen of SPF 50 to prevent pigmentation changes until the lesion is healed. If the lesion has a scab or tissue changes, cover the area with a dressing while exposed to the sun.
- Aspirin and alcohol should be avoided for 72 hours following laser treatment.

### **Care of the Treated Area:**

- Apply aloe vera gel to the treated area three times a day as long as the bruising/red discoloration is present OR if there is no scabbing, a moisturizer can be used daily. It is important to keep the area moist until healed.
- Showers are permitted, but gently pat the area dry. Do not rub with a towel or washcloth as the area is extremely delicate while the bruising/red discoloration is present. If the legs are treated, do not take a bath the first 48 hours as the intense heat may cause additional discomfort. Showers are recommended.
- Avoid putting makeup, perfumed or alcohol based products on the treated area for 4-5 days after laser treatment
- Any discomfort you may have (usually not lasting more than a few hours, if any) can be relieved with paracetamol.
- After the red discoloration disappears, hyperpigmentation (brown colouring) or hypopigmentation (white) may be present for several months. This is rare but if it occurs, use a sunscreen (SPF 50) on the area until the normal colour returns.
- Avoid contact sports during the healing if any scabbing or crusting is present. Otherwise, cover the area with a dressing if the possibility of trauma can occur to disrupt the skin.