

## Vascular Laser – Post Treatment

Follow these instructions carefully to minimize the risk of complications, such as discoloration and/or scarring. Please note that it may take up to 2 months to see improvements and that multiple treatments may be necessary.

### After the Laser Treatment

1. Avoid sun exposure and always use a daily sunscreen. Use a broad spectrum UVA/UVB sunscreen with an SPF of 30 or higher. Sun exposure during the healing phase (1-2 months) will increase the risk of hyperpigmentation (brown discoloration).
2. Avoid aspirin and alcohol for 2 days after treatment as this can increase bruising and decrease efficiency of treatment.

### Care for the Laser Site

The area may be bruised immediately after the treatment. This can last from 10 days – 6 weeks.

During the healing phase:

1. Apply ice packs about 5-10 minutes per hour to reduce swelling and use Tylenol for discomfort. Stinging and discomfort usually subsides in a few minutes, and in larger areas, after a couple hours. Swelling is common and may last 4-5 days.
2. Do not scratch, rub, or pick the laser site.
3. Wash gently. Pat dry.
4. Avoid pressure from clothing and/or jewelry.
5. Avoid contact sports and excessive sweating.
6. Avoid makeup. Trauma to the area during the removal of the makeup may result in scarring. If you feel makeup is essential, use only a makeup that is easily removed.
7. Do not use astringents/toners.
8. If the skin surface should break and crusting and/or peeling occur, apply Vaseline at least 4-6 times a day to prevent the area from drying out and forming a scab.
9. Dressings and bandages are not usually needed, but if there is a chance of injury to the area, a dressing can be used. Use care that the area does not come in contact with the tape or adhesive.

If there are any questions and/or concerns, please call us at 860-388-9799.