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**DERMATOLOGY AND DERMATOLOGIC SURGERY****Vascular Laser**

The vascular laser is designed to treat redness in the skin. It can be used to treat a wide range of skin concerns including acne scars, rosacea, broken capillaries, port wine stains, spider veins, hemangiomas, stretch marks, and scars. The laser is minimally uncomfortable and may feel like a rubber band snapping against the skin. You may have redness, bruising, and/or swelling after treatments but otherwise may return to normal activities with no down time. You may require multiple treatments to achieve optimal results, which can be done every 4 to 6 weeks. Patient skin conditions and skin types vary as do the recommended number of treatments.

It is important to follow all directions to correctly prep your skin before your treatment and to take care of it afterwards. You must let your doctor know if you have a history of cold sores or have been on isotretinoin (Accutane).

**Who should NOT have laser treatment:**

- Women who are pregnant
- Patients sensitive to flashing lights including those with seizures or epilepsy
- Patients with pacemakers or internal defibrillators
- Patients with active infection (e.g. cold sores, impetigo)

**Before your laser treatment:**

- You must follow strict sun avoidance with a broad spectrum sunscreen of SPF 30+ daily.
- Stop any topical products that cause photosensitivity or irritation (e.g. hydroxy acids, salicylic acid, retinols, and benzoyl peroxide) in the treatment areas for three days before treatment.
- Avoid aspirin, ibuprofen, blood thinners, Vitamin E, Fish Oil, garlic, ginseng, and ginkgo for at least 2 weeks prior to treatment to minimize the risk of bruising. You may restart these 3 days after treatment.
- If there is excessive hair in the treatment area, we recommend shaving the area prior to treatment.

**On the day of your laser treatment:**

- Please arrive at the office with a fully cleansed face. No makeup, aftershave, or cologne should be applied.

**After your treatment:**

- Redness and swelling will occur immediately after treatment and can last from a few hours to a few days depending on your skin's sensitivity. Do not rub, scratch, or pick at the treated area. If you are being treated with a higher setting, bruising may occur and can last from 1 to 2 weeks.
- It is normal for the area to feel like a mild sunburn for a few hours. Any discomfort can be relieved with acetaminophen (Tylenol). The application of ice packs, cold compresses, and aloe vera gel can also help reduce discomfort and swelling.
- Immediately after treatment blood vessels may appear gray, this may take a few days to resolve but makeup can be applied immediately after treatment.
- Wash your skin with cool water and use a mild cleanser such as Cetaphil or CeraVe. Gently pat the skin dry afterwards. Avoid rubbing the area with a washcloth or towel as the area is extremely delicate while bruising or redness is present.
- Avoid hot showers or baths, swimming, massage, facials, hot tubs, or saunas for the first 48 hours after treatment.
- Rarely a scab or blister may form in the treated area. Avoid picking or scratching and apply Vaseline or Aquaphor as needed.
- Avoid excessive sun exposure 2 weeks before and 2 weeks after treatment. Re-apply your sunscreen of at least a 30 SPF every 2 hours if you will be having incidental sun exposure such as driving, walking, etc.
- If the area shows signs of infection, please call the clinic immediately.
- You can return for additional treatments every 4 to 6 weeks as needed.