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## **POST LASER TREATMENT OF VASCULAR LESIONS INSTRUCTION SHEET**

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 1-2 weeks. Please read and follow these instructions.

### **GENERAL INSTRUCTIONS:**

Avoid direct exposure to sunlight during the first 1-2 weeks following your laser treatment. A sunscreen of SPF 15 or greater should be used once your skin has healed and whenever exposed to the sun. Wide brimmed hats, sunglasses, sun protective clothing or bandages may also be used for sun protection.

Avoid aspirin and ibuprofen (Motrin, Advil) for 2 days after your laser treatment (if you underwent pulsed dye laser therapy)

Avoid any trauma, such as scratching, picking or rubbing to the treated area. Keep fingernails of infants and children trimmed to avoid accidental scratching.

Showers are permitted, but gently pat the area to dry.

You may apply makeup to conceal treated areas. Be careful not to rub or abrade your skin when removing makeup. A green based concealer works best to camouflage the purple or red discoloration that may have been induced by your treatment.

Swimming or contact sports should be avoided until your skin has healed completely.

### **WOUND CARE INSTRUCTIONS:**

Wash the treated area with mild soap (Dove, Purpose or Basis) or Cetaphil cleanser twice daily, then apply Bacitracin ointment or Aquaphor healing ointment twice daily until the area has completely healed.

The area does not need to be covered, but a Band-Aid or non-stick Tefla gauze should be applied to protect the treated area from irritation by clothing, jewelry, glasses 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 will also minimize swelling.

Should you experience any pain, discomfort, or stinging, which usually lasts no longer than 6 hours, take acetaminophen (Tylenol).

If you have any questions or concerns regarding your laser treatment or post-operative care, please call the office.