

## **VASCULAR LASER PRE-TREATMENT INSTRUCTIONS**

1. The day of your treatment wash the areas with an antibacterial soap such as Lever 2000. You may shave if you choose.
2. If asked to do so, one to two hours prior to your appointment, apply a thick film of Tetracaine to the area to be treated. Then cover with saran wrap and secure. The area will be numbed by the time of treatment. This procedure will not always be necessary, though it may be helpful for particularly sensitive areas.
3. You may take plain Tylenol one to two hours prior to your visit.
4. Aspirin or products like Motrin may make you bruise more and should be discontinued one week prior to treatment.

## **VASCULAR LASER POST-TREATMENT INSTRUCTIONS**

1. The areas treated with the laser may be red afterward. This redness is expected to fade within 24-48 hours.
2. Minor crusting or scabbing may occur. Please do not pick or rub off any scabbing. Wash the areas each day with a mild soap and then apply an antibacterial ointment such as Neosporin.
3. If instructed to do so, gently massage the antibacterial ointment or the provided medication twice daily to the treated areas for several minutes.
4. For the next 3-4 weeks, apply a sunscreen with an SPF of 15 or higher to the treated and surrounding areas. Please avoid exposing the treated areas to the sun.
5. Avoid irritants such as products containing glycolic acid or Retin-A for 5-7 days.
5. Pigmented lesions may turn gray or dark after treatment. As the skin heals, in 7-14 days, the spot will slough off. Do not rub or pick the lesion. Antibacterial or moisturizing ointment may be applied to the area as desired.
7. Please call if you have any questions.

Please remember that multiple treatments may be required to achieve optimum results with either vascular or pigmented lesions.