

Vascular Laser Post-Treatment Instructions (VBeam/GentleYAG)

You have been treated with the VBeam or GentleMax (YAG) Laser. The treated area may be red and swollen for 24-48 hours after the procedure.

- You may gently wash the treated area twice a day. Avoid vigorous rubbing with a towel or wash cloth. You may lightly pat the areas dry.
- The laser treated skin is delicate for 1 – 2 weeks after treatment; do not rub, scratch, put pressure on, or remove any crusts that may form.
- If you experience swelling or discomfort, apply ice packs (or crushed ice in a plastic bag) wrapped in cloth for 10 minutes several times per hour for the remainder of the day. Tylenol may be taken for pain. Avoid taking aspirin/ibuprofen products for 48 hours unless directed otherwise as these medications can lead to bruising in the treated areas.
- If you have any crusting or bruising of the skin, apply a petroleum based ointment (Vaseline/Aquaphor) gently to the laser treated areas 2 – 3 times daily for 3 – 5 days after treatment.
- If extensive areas of the cheeks have been treated, sleep on 2 pillows at night to decrease temporary swelling.
- Avoid extensive sunlight. Protect the treated areas with a daily application of sunscreen with SPF 30 or greater.
- Water soluble make-up may be worn after treatment, but cautiously remove with a gentle liquid cleanser i.e. (Cetaphil, Cerave) and pat dry. **AVOID RETIN-A, SCRUBS OR TONERS ON THE AREA UNTIL COMPLETELY HEALED.**
- Refrain from heavy exercise for 48 hours after your laser treatment. You may then resume normal activity, including swimming. Avoid any activity that may result in direct injury to the treated areas.

****If you encounter any problems with these instructions, or if a situation arises that is not covered in this instruction sheet, please call the clinical line at 978-254-1612.****