

Patient Instructions for V-Beam Laser Treatment

Prior to treatment:

1. Avoid sun exposure for 2 weeks before and after treatment. A sunscreen of SPF 30 or greater should be used when exposed to the sun for several months before and after your treatment, or as long as you plan to continue treatment. Darker melanin or pigment from the sun may produce side effects or make the treatment less effective.
2. Aspirin, ibuprofen, naproxen should be discontinued 7 days prior to treatment and two weeks after treatment (please check with your primary care physician if prescribed for medical reasons).
3. The following herbal supplements should be discontinued 7 days prior to treatment: ginkgo, ginseng, garlic, fish oil, vitamin E, and iron.
4. Discontinue retinol or retin-A (tretinoin) 7 days prior to treatment.
5. If you have a history of perioral herpes simplex virus infection (cold sores), antiviral medication will be prescribed prior to treatment (please inform us if you require a prescription).
6. Avoid alcohol three days prior and two weeks after treatment.

Day of Treatment:

1. Please arrive 10 minutes prior to your scheduled appointment time.
2. The skin must be clean and dry. If you apply lotions, perfumes, make-up, deodorant, self tanners, please clean them off with gentle soap and water provided.
3. Please do not use hairspray or other flammable products on the day of treatment.
4. If applicable, please take the prescribed antiviral medication at least 2 hours prior to treatment.

Post-treatment Instructions:

The treated area may show a reddish/bruised discoloration. This will typically last 5-14 days, depending on what area of the body is treated.

The treated area is very delicate and should be treated with care. Please read and follow these instructions.

1. Discomfort or stinging may be evident, but usually lasts no more than 6-8 hours. Tylenol may be taken or ice packs applied during this period.
2. If swelling occurs, ice water compresses may be applied for 15 to 20 minutes post treatment, up to three times a day. For facial swelling, sleep with your head elevated. Antihistamines (Benadryl) may be taken for swelling or itching.
3. Vaseline should be applied 1-2 times a day if there is any crusting or scabbing.

4. If a crust or scab develops, allow it to fall off on its own. Do not pick at the area. Keep the area moist with Vaseline until the crust falls off.
5. Do not scratch or rub the treated area until all bruising or crusting disappears.
6. Do not take a hot bath or Sauna for the first 72 hours after treatment as the intense heat may cause additional discomfort. Showering is permitted. Do not soak in a hot tub until the area is healed. Do not rub the treated area with a face cloth or towel.
7. The treated area should be washed with gentle soap and water twice daily. Pat the area gently to dry so the skin is not disturbed.
8. Avoid swimming and vigorous sports activity if any bruising is present to reduce skin irritation and infection.
9. Makeup may be applied if there is no crusting.
10. Pigmentary changes, including lighter or darker pigmentation may occur and are usually transient and reversible.
11. **Avoid exposure to the sun.** If sun exposure is expected, apply a sunscreen of SPF 30 or greater to prevent pigmentation changes until the lesion is healed. If the lesion has a scab or tissue changes, cover the area while exposed to the sun.
12. A small percentage of patients may experience prolonged facial redness and swelling more than 72 hours post treatment, especially if the eyelid area is treated. If you experience severe facial swelling three days post treatment, please contact us.
13. Once skin irritation or crusting resolves, you may resume your routine skin care regimen.

The following conditions may influence the ability to undergo treatment:

1. History of keloids
2. Pregnancy
3. Autoimmune disease
4. Cold sensitivity or Raynaud phenomenon.
5. Active skin infection or open wounds at the time of treatment
6. Outbreak of perioral herpes simplex virus infection (cold sores) at the time of treatment
7. History of Accutane (isotretinoin) or Soriatane (acitretin) within 6 months of treatment
8. History of photosensitivity to 595 nm or 1064 nm light
9. Tattoos: Do not treat tattoos including decorative, permanent makeup and radiation port tattoos.
10. Light-triggered seizure disorders
11. Photosensitizing medications. Stop the medication if possible for 3-5 days prior to treatment.
12. Recently tanned skin: Do not treat recently tanned skin. Blisters and hypopigmentation or hyperpigmentation may occur. Allow tan to fade prior to treatment.
13. Implanted medical devices: pacemakers, cardioverters and other implantable devices or fillers: consult your physician prior to treatment.
14. Medications: daily anti-coagulation therapy, iron supplements, vitamin E, fish oil, herbal supplements such as ginkgo, ginseng or garlic may interfere with treatment.
15. Topical medications and skin care products: stop 72 hours pre- and post- treatment.

Self-tanning products must be removed.

16. Treatment of warts may result in hypopigmentation or a scar.

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