

# Dermatology Associates

of Western Connecticut, PC



## **V-BEAM LASER PRE- AND POST-TREATMENT CARE INSTRUCTIONS**

### *BEFORE LASER TREATMENT:*

- Purchase a tube of Polysporin or Bacitracin ointment prior to the procedure. Do not purchase ointments with neomycin (Neosporin) since they may cause itching or redness in some people.
- When exposed to the sun, apply sunscreen with an SPF of 15 or higher to the lesion(s) which will be treated.
- Tell your physician if you have a history of herpes simplex virus (cold sores or fever blisters) occurring on the lips or on other areas of the face. This is especially important if you are having laser treatments on the mouth or face.
- Do not take medications containing aspirin or ibuprofen (Advil, Aleve, Motrin, etc.) for 1 week prior to your laser treatment. If these medications are taken regularly for medical reasons, discuss this with your physician prior to the procedure. Anticoagulants (blood thinning medications such as Coumadin) must be discontinued at least 3 days prior to treatment.

### *AFTER LASER TREATMENT:*

- Do not rub, scratch, or pick at the treated area while a blue-gray bruising is present.
- If the treated area becomes tender, reddened, or shows signs of infection (discharge) please call the office immediately.
- If you apply make-up to the treated area, be sure to remove it gently.
- Avoid swimming and contact sports while bruising is present.
- Avoid rubbing or pressure on the treated areas caused by clothing or jewelry. Apply a dressing to the treated area to prevent irritation.
- For 1 to 2 months following treatment, apply a sunscreen of SPF 15 or higher to the lesion(s) whenever exposed to the sun.
- Do not take medications containing aspirin or ibuprofen (Advil, Aleve, Motrin, etc.) for 1 week following treatment.

### *CARE OF THE TREATED AREA:*

- Apply Polysporin or Bacitracin ointment to the treated area twice a day while bruising is present.
- Showers are permitted, but dry the area gently. Do not rub the treated area with a towel or washcloth while bruising is present.
- If the area develops a crust or scab allow it to fall off on its own and do not pick at the area. Keep the area moist with ointment.
- Any discomfort that you may have will usually subside after several hours. You may use acetaminophen (Tylenol) as needed.
- If swelling occurs, you may apply an ice pack. Wrap the ice pack in a soft cloth and apply to the treated area for 10 to 15 minutes several times daily.

After the bruising disappears the treated area will look as it did before. A few weeks after the disappearance of the bruising complete fading of the lesion(s) should occur.