



PRE AND POST-TREATMENT CARE

VBeam

Pre-Treatment Instructions:

- If you have a history of cold sores, please inform your provider before treatment. A prescription may be given to pre-treat to eliminate the chances of you developing a cold sore post-treatment.
- Please inform your provider of any changes in your medical history or any new medications you may have started before your procedure, as they may interfere with your ability to have the treatment done.
- If you have a severe rash or cold sore in the treatment area, reschedule your appointment at least 48 hours in advance.
- Do NOT use the following products 3 days before or 3 days after your treatment (or until pinkness has subsided): Retin-A, retinoids, or similar vitamin A compounds, harsh scrubs or exfoliating products, and bleaching creams (unless told otherwise by your provider).
- Do not apply creams, lotions, perfume, makeup, etc., on the area to be treated before treatment.
- Avoid tanning lotion, tanning, or prolonged sun exposure two weeks before and two weeks after treatment. The sun may cause adverse reactions and make your pigmentation worse.

Post-Treatment Instructions:

- Apply sunscreen to prevent post-procedure side effects if exposed to the sun.
- Apply your post-laser cream, Aquaphor, or Vaseline 2-4 times daily for at least three days after each treatment to soothe the skin and aid recovery.
- Cleanse the area with warm water and a gentle cleanser using your fingertips only; pat dry.
- Avoid hot showers, hot tubs, and saunas for 5-7 days post-treatment.

What to Expect:

- Immediately after treatment, blood vessels may appear grey or purple and take a few days to resolve (you can use mineral makeup post-treatment).
- For the first 48 hours, apply an ice pack to the treatment area for 10 minutes every hour or so.
- You may experience mild swelling, redness, and bruising after treatment, lasting up to 7 days, in rare cases longer.
- Sleeping upright for the first 48 hours may help reduce swelling.
- It is typical for the treatment area to feel like a mild sunburn for the first few days.
- Leg vein treatments may take longer for the swelling, pigmentation, and redness to subside.
- Do NOT scrub or use washcloths, exfoliants, or abrasive products in this area. Allow the new skin to heal and allow any scabs to fall off naturally.
- Do not shave the treated area until the skin is completely healed.

If you have any questions or concerns, please call the office at (603) 742-5556.