

Cosmetic Services
2288 Auburn Blvd. Su. 205
Sacramento, CA 95821
(916) 973-6100

SKIN CARE FOR VASCULAR LESION PULSE DYE LASER TREATMENT

Precautions before your laser treatment:

1. Do not drink alcohol or take aspirin or an aspirin containing medicine for three days prior to, and two weeks after your laser treatment
2. Avoid direct sun exposure to the sun. A sun screen of 30 SPF 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.

Care of the Treated Area:

The treated area may show a reddish / bruised discoloration. This will last 5 – 14 days, depending on what part 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 six hours. Tylenol may be taken or ice applied during this period.
2. If swelling occurs, ice water compresses may be applied. The ice pack should be wrapped in a soft cloth and applied to the treated area(s) for 15-20 minutes. Every hour for 4 hours. For facial swelling, sleep with your head elevated.
3. Antibiotic ointment should be applied twice a day if any bruising, crusting or scabbing is present. Antibiotic ointment should be applied twice a day while the blue/gray discoloration (purpura) is present.
4. If a crust or scab develops, allow it to fall off on its own. **DO NOT PICK THE AREA.** Keep the area moist with the ointment until the crust falls off.
5. The treated area is extremely delicate. Do not **SCRATCH, RUB** or **PICK** the treated area until any bruising or crusting disappears.
6. Showering is permitted. Do not soak in a hot tub until the area is healed. Do not rub the treated area with a washcloth or towel. Pat the area gently dry such that the delicate skin is not disturbed.
7. Avoid swimming and sports if any bruising is present to reduce skin irritation and infection.
8. Do not apply make-up for 2-3 days, or until the discoloration or crusting disappears (1-2 weeks)
9. Sunscreen (SPF 30) should be applied to the face including the treated areas daily for at least 3 months.

If you have any further questions or concerns, please contact the cosmetic surgery department at (916) 973-6100.