

Today you had a V-Beam Laser Treatment

Your treatment was performed by: Dr. Kwan. For problems or questions, call: 310-556-0119

What is V-Beam Laser?

The V-Beam pulsed dye laser system produces an intense but gentle burst of light that selectively destroys the blood vessels of vascular skin conditions like broken blood vessels, rosacea, facial veins, scars, and red spots without damaging the surrounding skin and tissue. For best results, you may require multiple treatments spaced about 4-6 weeks apart. This will be evaluated and discussed during your consultation.

How Should I Prepare for the Treatment?

- Avoid exposure to the sun and tanning beds on the area to be treated for four to six weeks before and after your procedure. If skin is tanned at time of treatment, there is an increased risk of a burn with the laser treatment. If you have to expose the treatment area to sunlight, wear broad-spectrum sunscreen with SPF 30 or higher.
- Avoid alcohol or taking aspirin for 3 days prior to treatment to reduce the amount of post-procedure swelling.
- Avoid retinoid products, and glycolic acid products for 1 week prior to treatment.
- Notify your doctor if you have a history of cold sores. The doctor will pre-treat you with a medication called valacyclovir to prevent any outbreaks.
- Avoid Accutane for 6 months prior to treatment.
- It is preferred that you arrive for your appointment clean-faced without makeup, moisturizer, or lotions on the day of the treatment.

What to Expect After Treatment

- Redness is common and should subside significantly during the first 7 days after treatment. While prolonged redness may last up to 3 months, a small degree of redness may last longer.
- If you are being treated at a higher setting, temporary bruising or purple color to the skin may occur and can last from 1-2 weeks. If you are on a daily aspirin, iron supplementation, anticoagulants, or herbal supplements (Ginkgo, Garlic, Ginseng) you may bruise more easily. Makeup may be applied very gently starting 1-2 days after treatment. Makeup with a green or yellow tint can be especially helpful in neutralizing any purple or blue discoloration.

- Swelling is common after treatment and generally resolves within 1-2 weeks. You will notice most of the swelling on the first morning after treatment, particularly under the eyes. Swelling usually lasts two to three days. To minimize swelling, apply cold compresses to the treatment area for 10 minutes of every hour on the day of treatment, until you go to bed. Sleep elevated the first night. Taking antihistamines (Claritin or Zyrtec) for 5 days may also decrease swelling.
- Exudates/bleeding/crusting may occur. Because the laser beam penetrates into the deep dermal layer, clear fluid (exudates) or blood may ooze onto the skin. Crusting or scabbing may form if the exudates or blood dries. If a crust or scab develops, allow it to fall off on its own. Do not pick at the area. Keeping the treated area moist helps prevent crusting and subsequent scarring.
- Pain may linger after the procedure is complete for a few hours or days. Discomfort from swelling (tightness) is more likely to occur than acute pain. Tylenol may be used for any pain.
- Pigmentary changes may occur after treatment. After treatment, skin may appear darker (hyperpigmentation) or lighter (hypopigmentation) than before. Although most are transient, it could be permanent.
- Itching and dry skin are common while the skin is healing. Flaking, sloughing and dry crusting will gradually clear. Itching can be quite intense at times. Avoid picking and rubbing as this could cause scarring. Moisturizing can reduce itchiness.
- Flare-up of acne or formation of milia due to use of semi-occlusive dressing.

How Should I Take Care of My Skin?

- Icepacks/cool compress can help alleviate the heat sensation and reduce swelling. Sleeping on your back with your head elevated can also help reduce swelling. Taking antihistamines (Claritin or Zyrtec) for 5 days may also decrease swelling.
- Avoid partaking in activities that will heat up your skin for 48hrs after treatment, such as hot baths, hot showers, hot tubs, Jacuzzis, saunas, strenuous exercise, contact sports, and swimming until redness or irritation subsides.
- Avoid rubbing or pressure (caused by clothing) on the treated areas. Wear loose fitting clothing if your treated area is on a covered part of the body.
- Avoid taking aspirin or ibuprofen (Motrin, Advil) and avoid alcoholic beverages for 7 days after the procedure. You may take Tylenol for pain, which will not affect your laser results.
- Avoid exposure to the sun for at least 1 month after treatment to prevent discoloration and sun damage to the skin while in the treated skin. For at least 3 months after treatment, you should

apply a sunscreen, preferably containing zinc oxide or titanium dioxide, of SPF 30 or higher that offers broadband protection (UVA and UVB) 20 minutes before you go outside and reapply every two hours after that. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area.

- Cleanse the treated area gently (avoid scrubbing or rubbing) with cool water only and a mild cleanser such as Cerave or Cetaphil daily, gently pat dry, and apply Vaseline or Aquaphor after cleansing once or twice a day until the skin returns to its normal color. You can use makeup if desired starting 24hrs after treatment.
- Discontinue the use of any potentially irritating or clogging skin products to the treated area such as scrubs, toners, glycolic acid, acne medications, retinoids (RetinA or retinol), or bleaching creams (hydroquinone) until redness and/or bruising subsides (for the first week or two after treatment).
- If you notice any blisters, areas of raw skin, ulcerations, active bleeding, increased discomfort or pain, or any other problems, please contact us as soon as possible at 310-556-0119.