

**South Shore Dermatology Physicians, P.C.**  
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**VBeam Before & After-Care Instructions**

**Precautions Before Laser Treatment**

- Do not drink alcohol or take aspirin, ibuprofen, vitamin E or fish oils for three (3) days prior to, and three to five days (3-5 days) after your laser treatment. Using these may increase the likelihood of bruising.
- Avoid direct exposure to the sun. A sunscreen of 30+ 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.

**After-Care Instructions**

The treated area may show a reddish/bruised discoloration. This will last five to fourteen (5-14) days, depending on what part of the body is treated. The treated area is delicate and should be treated with care. Please read and follow these instructions:

- Discomfort or stinging may be evident, but usually lasts no more than six (6) hours. Tylenol may be taken or cool packs applied during this period.
- To decrease swelling, keep upright for 4-6 hours post-treatment. If swelling occurs, cool compresses may be applied.
- If a crust or scab develops, allow it to fall off on its own. DO NOT PICK OR SCRATCH at the area. Keep the area moist with petrolatum until the crust falls off.
- 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. Pat the area dry so the skin is not disturbed.
- Avoid swimming and sports if bruising is present, to reduce skin irritation and infection.
- Do not apply make-up for two to three (2-3) days, or as long as the crusting is present. Using new make-up will cause less irritation.

When any discoloration/bruising clears, there may be very little change in the vascular lesion. Improvement will take place slowly over a period of weeks.

If you have any questions or concerns regarding your laser treatment, please contact our office at 508-535-3376 (DERM).

*Please Note: Several treatments may be needed prior to any result being seen. There is no guarantee of results with this treatment.*