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ENT + AESTHETICS

## **VASCULAR LESION POST-TREATMENT INSTRUCTIONS**

- A mild sunburn-like sensation is expected. This usually lasts two to twenty-four (2-24) hours but can persist up to seventy-two (72) hours. Mild swelling and/or redness may accompany this, but it usually resolves in two to three (2-3) days. Apply wrapped ice or gel packs to the treatment area for ten to fifteen (10-15) minutes every hour for the next four hours, as needed. Never apply ice directly to skin. An oral, over-the-counter anti-inflammatory (ibuprofen such as Advil®) or an analgesic (acetaminophen such as Tylenol®) may be taken to reduce discomfort. Use medicine according to manufacturer's recommendations.
- The vessels may undergo immediate graying or blanching, or they may exhibit a slight purple or red color change. The vessels will fully or partially fade in about ten to fourteen (10-14) days.
- Until redness has resolved, it is recommended to **AVOID THE FOLLOWING:**
  - o Applying cosmetics to treated areas.
  - o Swimming, especially in pools with chemicals.
  - o Hot tubs and Jacuzzis.
  - o Activities that cause excessive perspiration.
  - o Sun exposure to treated areas. Apply an SPF 45 or greater sunscreen to prevent skin color changes.
  - o Aggressive scrubbing and use of exfoliants on the treated area.
  - o No exercising for 24-48 hours post-treatment.
- Bathe or shower as usual. Treated areas may be temperature-sensitive.
- Schedule a follow-up appointment for evaluation. Repeat treatments may be performed every seven to fourteen (7-14) days if skin has fully recovered. One to four (1-4) treatments may be necessary seven to fourteen (7-14) days apart.
- Do not to pick, remove, or pull at any darkened lesions as scarring may occur.