

VASCULAR LESIONS

PRE & POST CARE/CONTRAINDICATIONS



PRE CARE

- Avoid the sun 3-4 weeks before and after treatment, or until your treatment provider allows it. Any tanning can cause burning, blistering, hyperpigmentation, or hypopigmentation, which may be permanent
 - Check with your technician if you are on any photosensitive medications (medications making you more sensitive to light)
 - If you have a history of perioral herpes simplex virus, it is recommended that you take a prophylactic antiviral therapy if this area is being treated. Follow directions for your particular antiviral medication
 - Self tanner, tanning beds, and anything else that can change the colour of your skin cannot be used 2 weeks prior to treatment in the treatment area
 - Avoid natural fillers 4 weeks before treatment
 - Avoid treatments of chemical peels, exfoliation facials, microneedling, etc. for three weeks before treatment in the treatment area
 - Avoid neuromodulators (botox and like injectables) 2 weeks prior in the treatment area
 - Avoid sun exposure in the area greater than 30 mins, even if wearing SPF one week prior to treatment. This will decrease likelihood of hyperpigmentation and/or hypopigmentation post treatment
 - Avoid retinols, alpha & beta hydroxy acids (AHAs & BHAs), hydroquinone (skin lightening agent), salicylic acid cleansers 1 week before treatment.
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THE DAY OF

- Arrive to your appointment with the treatment area free of makeup, lotions, oils, deodorant, tanning products, numbing creams, etc. (if numbing cream is used prior to this appointment, we cannot provide the service.)
- Avoid any activities that will increase the body temperature for at least 2 hours before and after treatments
- Take antiviral medications (if applicable)
- Clients with active cold sores, burned skin, or damaged skin in the area targeted will not be treated
- If you have any residual self tanner, ensure you remove it prior to treatment, it WILL burn

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POST CARE

Vascular lesions laser treatment can cause the targeted vein(s) to turn grey, and have redness and inflammation (looking like a cat scratch) immediately after the treatment in the surrounding area. You may also feel some itching sensations as the skin causes a release of histamine as a normal reaction. This typically lasts a few hours and it's recommended that you apply cold packs intermittently to help ease any discomfort. You may also be given a topical cooling cream to apply immediately after. This helps reduce discomfort, swelling and risk of abnormal pigmentation.

- Cold packs for 10-20 minutes once home from procedure and intermittently for the next several hours are optional, but will ease discomfort
- Gentle soap cleansers may be used to wash treated areas for the next 48 hours
- Do not shave, exfoliate or use any skin care products with active ingredients for 48 hours in the region
- Do not partake in any activities where you will increase your body temperature or blood circulation for the remainder of the day, do not have a bath (shower OK) or hot tub
- Do not consume alcohol or spicy foods for 48 hours post treatment
- Do not workout for 48 hours post treatment
- To reduce a persistent itch, over the counter histamines, such as Claritin or Allegra may be used
- Remember your SPF! Minimum of SPF 30 required for 2 weeks post treatment if the area is exposed to sunlight

NEXT TREATMENT

- Schedule next treatment in 4-6 weeks, this will allow for your tissue to heal so that we can see how the treatment takes prior to treating again
- 1-3 treatments may be required on each vein. Some veins may not respond to the treatment
- Avoid tanning and excessive sun exposure both before and after treatment as this can negatively impact your skin's pigmentation and cause burning/blistering/hyperpigmentation/hypopigmentation
- Schedule next vascular lesion treatment within 4-6 weeks

CONCERNS?

While there are many expected reactions post laser, you should not be in any kind of moderate to extreme pain after you leave your laser treatment. If you have any questions, or experience something that you are unsure of, please take pictures and contact us immediately. On the off chance that you are responding in a different way than we have described, we want to be able to assist you in healing as efficiently and effectively as possible. Please contact us if you experience the following:

- Blistering or scabbing
- Persistent pain in the area of treatment
- White bumps or acne like lesions that do not go away
- Irregular discolouration after healing (once the scabs fall off)