

# VASCULYSE

## PRE & POST CARE/CONTRAINDICATIONS



### PRE-TREATMENT CARE

- You may not be treated if you:
  - have used isotretinoin in the last six months
  - have damaged/open skin including cold sores
  - have allergy to Asprin
  - are currently undergoing cancer treatment (chemotherapy/radiation)
  - keloid scar on your face or neck area (a test spot may be performed at the cost of the client, other treatments may be considered)
  - have an immune system disease (Hepatitis C, Aids, HIV, Collagen Vascular Disease, or other)
  - have had any of the following in the past 14 days: chemical/enzyme peel, laser hair removal, photofacial, RF skin tightening, microdermabrasion, botox, dermal filler
  - have had any of the following in the past 7 days: waxing, threading, other hair removal
  - have had the following in the past 3 weeks: sun exposure, tanning bed exposure
  - have active eczema, psoriasis, or dermatitis in the area
  - have an allergy to skincare products
  - are pregnant or breastfeeding
- Discontinue use of retinoids 48 hours prior to your appointment
- Wait 6 months following isotretinoin (Accutane)
- If you have frequent cold sores, ensure you have taken cold sore medication prior to treatment, vasculyse can cause a flare up (if desired treatment will take place around this area)
- 7 days before – no brow waxing/microdermabrasion/laser procedures/chemical peels/sun/tanning beds/sunless tanner/aggressive at home exfoliating in area of treatment

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### THE DAY OF

- Arrive to your appointment with the treatment area free of make up & numbing creams (numbing cream allowable for skin tags ONLY)
- Begin the day with a gentle skin care routine (no active ingredients or exfoliation)
- Avoid any activities that will increase the body temperature/cause sweating for at least 2 hours before and after treatments

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### POST-TREATMENT CARE

- Do not touch or wash treated area for at least 24 hours; treated areas may open and cause capillary bleeding if the skin is stretched or rubbed
- Tiny scabs will appear 1-3 days post treatment. These scabs will fall off within 15 days. To avoid infection and scarring DO NOT PICK AT OR REMOVE EXFOLIATING SKIN. Removal of scabs can cause red marks which can take several months to disappear.
- Use post care as follows: cleanse with a gentle cleanser, do NOT use a face cloth, brush or sponge
- After skin is fully healed (no more peeling, flaking, scabbing, or dryness, normally 10 days), return to normal skin care routine including exfoliants and actives
- Cold compresses may be applied to treated areas, do NOT put ice directly on the skin
- Collagen topicals sold by Odette's can expedite healing
- Do not take Asprin for 48 hours following treatment - vascular treatments only
- SPF is required for a minimum of 14 days post treatment
- Avoid sauna, hot tub, swimming pool, hot water, high intensity work outs, or treatments that dilate capillaries or create redness for 48 hours

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### NEXT TREATMENT

- Schedule treatments 4 weeks apart depending on your goals, this will be determined with your technician
- If you experience any side effects to this treatment that you are unsure of, or that have not been explained to you, contact Odette's Clinic immediately with pictures (if applicable)
- Prevent new blemishes by: reducing/avoiding alcohol, spicy foods & direct sun exposure (SPF 30 min.)