

Laser Treatment: Post-Treatment Skin Care Instructions (Blood vessels, Facial and Leg Veins)

Areas treated by the laser(s) will be sensitive during the initial 7-10 day healing phase, and must be treated with care. As a result, your response to treatment will not be evaluated until after this initial healing phase is completed -- typically several weeks after treatment. Dr. Duke will review appropriate treatment expectations and alternative treatment options.

INSTRUCTIONS

1. To prevent swelling, or reduce any swelling if it occurs, apply an ice pack to the treated area. The ice should be wrapped in a soft cloth and applied for 10 minutes out of every 30 minutes, for the first 4-6 hours. In some instances, you may continue this icing process for the first 2 days after treatment. **Post procedure icing is the most important task** to do following this procedure.
2. Showers are permitted, but prolonged bathing is not advised. Heat, hot water, sauna, hot tub, and such will cause the treatment site to get inflamed and swell more. Do not rub with a towel or washcloth, because the area is extremely delicate while healing. Cleanse the skin with an "approved" gentle cleanser and use an "approved" moisturizer. Resume your regular skincare routine once skin returns to baseline- after 5-7 days. If any product stings or gets irritated, avoid using for a few more days, and retry again.
3. Any discomfort you feel (usually not lasting more than 6 hours) should be relieved with acetaminophen (Tylenol). Do not ingest aspirin or medicines containing aspirin during the 7 day healing period as it could increase any bruising or temporary purple marks.
4. **Do not tan the area treated.** Use a sunscreen with an SPF 30 throughout the course of treatment. Avoid direct sun exposure on the site until the area is fully healed.
6. Avoid swimming and contact sports while the skin is healing, especially if there is any crusting of the area treated.
7. Do not pop any blisters, or pick any scabs. Call the office if you get a blister.
8. Do not apply make-up or skin rejuvenation products to the site for 24 hours.
8. Everyone heals differently, depending on your particular condition, the type of laser you were treated with, and the way your skin reacts to the laser(s). If you develop any blisters, crusts, prolonged swelling, pain in the area treated, or if you are concerned at all about your healing process, *then you should call our office at (860) 245-0000 in order to get further instructions.*