



## Low Plastic Surgery (LPS)

### PORT WINE STAIN POST CARE: V-BEAM INSTRUCTIONS

#### *Pre-Care Laser Treatment*

1. Birth marks take more laser treatments at more power than other vascular lesions. Multiple treatments are required (10-15) and in most cases complete resolution is not realistic. Many patients require maintenance treatments every several years.
2. Port wine stains often require more than one type of laser. The color may require pulse dye laser and nodular surface may need to be treated with a resurfacing laser. Many patients require sedation and or local anesthesia. The size, depth, texture, and color of the lesion determine the cost and recovery of the laser procedure.
3. The size and location of the lesion will determine the level of discomfort and the need for assistance or a ride home. It is best in most cases to arrange a ride until patients become comfortable with the process. If you are sedated you need a ride home after laser.

#### *Precautions Following Your Laser Treatment*

1. Do not rub, scratch, or pick at the treated area if bruising / red discoloration (purpura) is present. Please call the office immediately if the area becomes tender, reddened or shows signs of infection.
3. Avoid swimming, contact sports, and hot tubs while redness or irritation subsides. Avoid rubbing or pressure (caused by clothing) on the treated areas. Wear loose-fitting clothing if your treated area is on a non- exposed area of the body.
5. Avoid exposure to the sun. If sun exposure is expected, apply an SPF 30 or higher sunblock to prevent pigmentation changes until the lesion is fully healed.

#### *Care of Treated Area*

1. Apply **Aquaphor Healing Ointment** to the treated area 2-3 times a day as long as the bruising / red discoloration (purpura) is present OR if there is no discoloration or scabbing, a moisturizer such as Cetaphil or Neutrogena may be used daily. It is important to keep the area moist until healed. Patients should expect remarkable swelling and color changes lasting 10-14 days.
2. Showers are permitted, but gently pat the area dry. Do not rub with a towel or washcloth as the area is extremely delicate while the bruising / red discoloration (purpura) is present. If the eye area is treated an eye drop or ointment will usually be required for several days. If the legs are treated, avoid taking a bath during the first 48 hours as the heat may cause additional discomfort. Comfortably warm showers are recommended.
3. Any discomfort you may have (usually not lasting more than a few hours, if any) can be relieved with acetaminophen (Tylenol).
4. After the red discoloration disappears, hyperpigmentation (brown coloring) or hypopigmentation (white) may be present for up to 3-5 months. This is rare, but if it does occur, use an SPF30 sunblock daily on the area until the normal color returns.
5. Avoid contact sports during healing if any scabbing or crusting is present to prevent injury to the treated site.

If you have any questions or concerns regarding your treatment,  
Do not hesitate to call us at 942-4300