



Pre & Post Care- Vascular IPL & Laser

Before your treatment:

- Do not wear makeup on the day of treatment
- No sun-tanning or self-tanners 4 weeks prior to treatment
 - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Some medications or supplements may increase the risk bruising. Consult with your physician
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc.)
- Notify clinic with any changes to your health history or medications since your last appointment , including pregnancy.
- History of herpes or cold sores may require an anti-viral prescription prior to treatment

After your treatment:

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen daily
- Bruising, redness and swelling are common and resolve with time. Apply a cool compress (not ice) to the area.
- Avoid excessive heat- hot showers, occlusive clothing, over exercising, hot tubs, saunas, until the skin has healed.
- Avoid skin irritants (examples below) a few days post-treatment
 - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Notify our clinic of any concerns (blistering, excessive redness/swelling, etc.)

Treated pigment will turn darker (brown to black) within 24-48 hours

- Do not pick at treated areas. Keep moisturised.
- Treated pigment will exfoliate off the face in approximately 1 week
- Treated pigment will exfoliate off the body in approximately 2-3 weeks

Treatment for Vascular lesions (blood vessels, angiomas, leg veins)

- A “bug bite look” is common and usually resolves in 1-2 days
- Leg vein treatments only:
 - Compression stockings (20-30 mm/hg) are optional
 - Avoid high impact activity 3-5 days
 - Hemosiderin staining (brown staining) may occur after a treatment and usually resolves with time (can take 1-2 years) but, on a rare occasion, it may be permanent. Strict avoidance of sun exposure may decrease risk of permanent hemosiderin staining
- Large leg veins may take many months to resolve and should not be re-treated before then

Additional instructions: _____

Next Treatment: _____