



Precautions to take BEFORE your treatment:

- No sun exposure, tanning beds and sunless tanning creams, for 4 weeks prior to treatment. Sun exposure decreases the effectiveness of the laser treatment and can increase the chance of post treatment complications.
- No antibiotics or / need to be off any antibiotics for at least 3 days.
- Must be off Accutane at least 6 months.
- No Botox or Fillers of any kind for at least 14 days prior to treatment.
- No topical Retin-A or topical acne creams / ointments 3 days prior to treatment.
- Remove all makeup, creams, or oils prior to treatment.

VASCULAR LESION POST-TREATMENT GUIDELINES

- A mild sunburn-like sensation is expected. This usually lasts two to twenty-four (2-24) hours but can persist up to seventy-two (72) hours. Mild swelling and/or redness may accompany this, but it usually resolved in two to three (2-3) days. Apply wrapped ice or gel packs to the treatment area for ten to fifteen (10-15) minutes every hour for the next four hours, as needed. Never apply ice directly to skin, an oral, over-the-counter anti-inflammatory (ibuprofen such as Advil) or an analgesic (acetaminophen such as Tylenol) may be taken to reduce discomfort. Use medicine according to manufacturer's recommendations.
- The vessels may undergo immediate graying or blanching, or they may exhibit a slight purple or red color change. The vessels will fully or partially fade in about ten to fourteen (10-14) days.
- Until redness has resolved, it is recommended to avoid the following:
 - Applying cosmetics to treated areas.
Swimming, especially in pools with chemicals.
 - Hot tubs and Jacuzzis.
 - Activities that cause excessive perspiration.
 - Sun exposure to treated areas. Apply and SPF 45 or greater sunscreen to prevent skin color changes.
 - Aggressive scrubbing and use of exfoliants on the treated area.
- Bathe or shower as usual. Treated areas may be temperature sensitive.
- Schedule a follow up appointment for evaluation. Repeat treatments may be performed every seven to fourteen (7-14) days if skin has fully recovered. One to four (1-4) treatments may be necessary seven to fourteen (7-14) days apart.
Do not pick, remove, or pull at any darkened lesions as scarring may occur.

VASCULAR LESION TREATMENT POSSIBLE SIDE EFFECTS

- Prolonged itching, redness, and blistering.
- Bruising, peeling, rash, lightening or darkening of skin color, ingrown hairs, purpura, crusting, swelling, or infection.
- Removal or lightening of freckles.
- Scarring, risk of incidental hair reduction or removal in the treated areas.

Signature: _____ Date: _____
(Or Legal Guardian)