

## **VASCULAR LESION LASER PRE- AND POST-OPERATIVE INSTRUCTIONS**

### **Precautions To Take Before Your Laser Treatment**

1. A sunscreen of SPF 15 or greater should be applied to the lesion being treated whenever exposed to the sun and throughout your course of treatment.
2. Do not use aspirin or medicines containing aspirin for 7 days before laser treatment.
3. Do not drink alcohol the night before laser treatment.

### **Precautions To Take Following Your Laser Treatment**

1. Do not rub, scratch, exfoliate, or pick the treated area while purpura (bruise, blue/gray discoloration) is present.
2. If the treated area becomes tender, reddened or shows signs of infection (i.e. pus), please call the office.
3. Avoid contact sports while the blue/gray purpura (bruise) is present.
4. Avoid rubbing or pressure (caused by clothing or jewelry) on the treated areas. A dressing should be applied to the treated area to prevent this.
5. Avoid exposure to the sun. If sun exposure is expected, apply a sunscreen of SPF 15 or higher to prevent pigmentation changes until the lesion is healed. If the lesion has a scab or tissue changes, cover the area with a dressing while exposed to the sun.

### **Care Of The Treated Area**

1. Apply plain lotion, Bacitracin ointment or Vaseline to the area, keeping it moist 24-hours/ day. It is important to keep the area moist at all times until healed. If there is NO scab present a moisturizer can be used daily.
  2. It is helpful to apply ice packs (being careful not to burn your skin because feeling may not be back yet if an anesthetic was used). Place a protective layer over your skin. Ice 15 minutes every hour on the treated area.
  3. 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 blue/gray purpura (bruising) is present. If the legs are treated, do not take a bath the first 48 hours as the intense heat may cause additional discomfort. Showers are recommended.
  4. Any discomfort you may have (usually not lasting more than 6 hours) can be relieved with Tylenol Extra Strength (take 2 tablets every 4 hours as needed).
  5. 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 occurs, use a sunscreen (SPF 15) on the area until the normal color returns or you may contact the office for instruction.
  6. If an open wound is present, avoid contact to this area and cover with ointment and a bandage. Continue this until the area has completely healed. (No longer an open wound.)
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*The treated area is extremely delicate and must be treated with care while the purpura (bruising) is present. (This bruising may last 7-14 days.) Remember, after the purpura disappears, the treated area will look as it did before treatment. It takes a few weeks after the disappearance of the purpura for fading to occur. You may also need additional treatments on the area being treated. Treatments are separated by six weeks. If you have any questions or concerns regarding your laser treatment, please contact the office.*