



## **VBeam Laser Treatment**

The VBeam pulsed dye laser system produces an intense but gentle burst of light that selectively destroys the blood vessels of your vascular skin lesion(s), without damaging the surrounding skin and tissue. This laser is used to treat redness associated with a variety of skin conditions including rosacea, facial veins, scars and red spots. For best results, you may require multiple treatments spaced about 4-6 weeks apart. This will be evaluated and discussed during your consultation.

### **How should I prepare for the treatment?**

- Avoid extreme sun exposure for one month prior and post treatment. If skin is tanned at time of treatment, there is an increased risk of a burn with the laser treatment.
- Avoid alcohol or taking aspirin for 3 days prior to treatment to reduce the amount of post-procedure swelling
- Avoid retinoid products, and glycolic acid products for 1 week prior to treatment.
- Notify your doctor if you have a history of cold sores. The doctor will pre-treat you with a medication called valacyclovir to prevent any outbreaks.
- It is preferred that you arrive for your appointment clean-faced without makeup, moisturizer, or lotions on the day of the treatment.

### **What should I expect after treatment?**

Patients like VBeam as it is safe and effective on delicate skin areas like the face, neck, chest and hands. The treatment feels like a hot rubber band snapping against the skin with an immediate cold spray. The intensity and duration of your side effects depend on the treatment aggressiveness and your individual healing characteristics, generally lasting for up to one week.

### **What will I look like after treatment?**

- Immediately after the treatment, you will experience redness, some swelling, and sometimes a temporary bruise or purple color to the skin. You will notice most of the swelling on the first morning after treatment, particularly under the eyes. Swelling usually lasts two to three days. To minimize swelling, apply cold compresses to the treatment area for 10 minutes of every hour on the day of treatment, until you go to bed. Sleep elevated the first night. Taking antihistamines (Claritin or Zyrtec) for 5 days may also decrease swelling
- Heat sensation can be intense for 2-3 hours after treatment.
- Most redness resolves within a few hours after treatment, but a rosy “glow” can remain for several weeks. If you wish, you can apply make up to minimize the redness.
- You may experience a temporary bruise or purple color to the skin. If you are on a daily aspirin, iron supplementation, anticoagulants, or herbal supplements (Ginkgo, Garlic, Ginseng) you may bruise more easily.
- If a crust or scab develops, allow it to fall off on its own. Do not pick at the area. Keep the area moist until the crust falls off.
- Some patients can experience itchy skin during the healing process. Moisturizing can reduce this sensation.



### **How should I take care of my skin?**

- **Immediately After Treatment:** Icepacks can help alleviate the heat sensation and reduce swelling. Cleanse with a mild soap such as Cerave or Cetaphil daily. Gently pat dry. If your skin feels dry or tight, apply a gentle moisturizer. Avoid partaking in activities that will heat up your skin, such as going in a hot tub/Jacuzzi/sauna, taking a very hot shower, or strenuous exercise for 2 days after treatment.
- **First Few Days:** Continue gentle cleansing and moisturizing over the next few days. Avoid scrubbing, rubbing, or using exfoliants for 1 week. Apply sunscreen daily and you can use makeup if needed starting the day after treatment.
- **First Week of Healing:** Keep treated area clean; avoid smoking, excessive alcohol consumption, excessive exercise, sweating, swimming, or exposing skin to heat and sun.
- **Skin Care Products:** All of your skin care products should be non-irritating and non-clogging for the first week or so after treatment. Moisturizer should be applied one to two times per day. We also recommend using a vitamin C serum daily to help with healing and to decrease pigmentation.
- **Scrubs, Toners, Glycolic Acid, and retinoids:** Your skin will be sensitive for the first week or two after treatment. Do not use products that will cause irritation during this time. Please do not use any scrubs, toners, glycolic acid, retinoids (RetinA or retinol), or bleaching creams (hydroquinone) until your skin has healed, unless otherwise directed by your doctor.
- **Sunscreen:** It is very important that you use sunscreen to prevent discoloration and sun damage to the skin while it is healing. Use sunscreen daily for at least 3 months after your last treatment. The sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more. Apply sunscreen 20 minutes before going outside and reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area.
- **Abnormal Healing:** If you notice any pimples, blisters, cuts, bruises, crusting/scabs, areas of raw skin, ulcerations, active bleeding, increased discomfort or pain, pigment changes (lighter or darker than usual complexion) or any other problems, please contact us as soon as possible.

***If you have any questions, please do not hesitate to call:  
516.992.6350***