

Post-Vbeam Instructions

Post-Treatment Instructions

1. The treated area may be slightly red, with mild soreness like a sunburn for a few hours to two days. These symptoms, if they occur, can be relieved using cool compresses and Tylenol. If a large facial area has been treated, you may experience swelling. If this occurs, keep your head elevated, and prop it up on several pillows at night. Some over-the-counter Benadryl by mouth at night can help with swelling. Avoid ice packs as these may cause increased swelling.
2. For a week after the treatment, the treated area may have some small blue to purple spots. Makeup may be applied very gently starting 1-2 days after treatment. Makeup with a green or yellow tint can be especially helpful in neutralizing any purple or blue discoloration.
3. Cleanse the treated area gently and apply Vaseline jelly or Aquaphor ointment once or twice a day until the skin returns to its normal color. Use a moisturizer with sunscreen when going outdoors. Take lukewarm, not hot, showers, and avoid strenuous exercise for two days.
4. Do not, under any circumstances, pick or rub the treated areas even if a scab forms (which is very rare). Call our office if any scabs or wounds occur.
5. Avoid taking aspirin or ibuprofen (Motrin, Advil) and avoid alcoholic beverages for 7 days after the procedure. You may take Tylenol, which will not affect your laser results.
6. Strictly avoid sun exposure for at least a month after treatment to minimize the risk of dark discoloration in the treated skin. Use sunscreen of SPF 30 or higher, preferably containing zinc oxide or titanium dioxide, and a hat or sun protective clothing.