

ConradPetersen

DERMATOLOGY

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Post- Treatment Instructions for VBeam (Pulsed Dye Laser)

Redness and swelling are likely to occur immediately after treatment and can last from a few hours to a few days depending on your skin's sensitivity. Do not rub, scratch, or pick at the treated area. If you are being treated at a higher setting, bruising may occur and can last for 1-2 weeks.

Avoid swimming, heavy exercise, sauna/steam, and hot showers for the first 24 hours.

Avoid facials or any skin treatments for at least a week after. Makeup can be applied gently as soon as 2 hours post treatment.

Avoid direct sun exposure and apply SPF 30 or higher sunscreen and a hat if needed to prevent pigmentation changes.

Discontinue the use of any potentially irritating skin products to the treated area such as retinoids and acne medications until redness and/or bruising subsides.

If you have a history of cold sores, please inform your physician so we can consider pre treating you with an antiviral medication. If you get any blisters in the treated areas, please call our office for further evaluation.

Any discomfort you may have (usually not lasting more than a few hours, if any) can be relieved with acetaminophen (Tylenol). Wet washcloths kept in the refrigerator can be placed on the affected areas every hour for 5-10 minutes as needed. Do NOT apply ice directly to the face as it can worsen the redness and damage the skin.

Elevation of the head (using extra pillows, sleeping on the back) helps with swelling and can be helpful over the first 2-3 days. Oral Zyrtec or Benadryl taken 1-2 times a day can help with swelling and redness in some patients when taken before or after the procedure.

Rarely, a scab or blister may form in the treated area. If this occurs, contact our office and apply vaseline or aquaphor ointment daily to keep these areas moist and avoid sun exposure.

Bruising and darkening of the treated area may occur immediately or within the first 24 hours, especially at more aggressive settings. These areas will resolve over the next 7 days. Makeup is fine to cover them.

With most redness/vascular issues, multiple treatments are required. You can return for additional treatments every 4-6 weeks as needed.