



## VASCULAR LESIONS POST-TREATMENT GUIDELINES

- A mild sunburn-like sensation is expected. This usually lasts 2-22 hours but can persist up to 72 hours. Mild swelling and / or redness may accompany this, but it usually resolves in 2-3 days.
- Apply ice or gel packs to the treatment area for 10 – 15 minutes every hour for the next four hours, as needed.
- An oral, non-steroidal anti-inflammatory medicine, such as acetaminophen, may be taken to reduce discomfort. Use such medicine according to manufacturer's recommendations.
- The vessels may undergo immediate graying or blanching, or they may exhibit a slight purple or red colour change. The vessels will fully or partially fade in about 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, Jacuzzis, and saunas.
  - Activities that cause excessive perspiration.
  - Sun exposure or tanning to treated areas. Apply an SPF 45 or sunscreen to prevent skin colour changes.
  - Aggressive scrubbing and used of exfoliants on the treated area.
- Bathe or shower as usual. Treated areas may be temperature-sensitive.
- Repeat treatments may be performed every 3 weeks if skin has fully recovered.
- **Do not pick, scratch, or remove scabs as scarring could occur.**

## POSSIBLE SIDE EFFECTS

- A low risk of prolonged itching, redness, and blistering.
- A very low risk of bruising, peeling, rash, lightening or darkening of skin colour, ingrown hairs, removal of freckles, crusting, swelling, and infection.
- Scarring
- Risk of incidental hair reduction or removal in the treated areas.

\* Call your treatment provider if side effects occur \*