



620 Commercial Ave. Coos Bay, OR 97420

Phone: (541) 267-0347

Web: <http://www.oregonderm.com>

E-mail: [admin@oregonderm.com](mailto:admin@oregonderm.com)

## SKIN CARE FOR VASCULAR LASER TREATMENT

### PRECAUTIONS BEFORE LASER TREATMENT

1. Do not drink alcohol, take aspirin, ibuprofen, vitamin E or fish oils for three days prior to , and 3-5 days after your laser treatment. Using these may increase the likelihood of bruising.
2. Avoid direct exposure to the sun. A sun screen of 30 or greater should be used when exposed to the sun for several months before and after your treatment, or as long as you plan to continue treatment. Darker melanin or pigment from the sun may produce side effects or make the treatment less effective.

### CARE OF THE TREATED AREA

The treated area may show a reddish/bruised discoloration. This will last 5-14 days, depending on what part of the body is treated. The treated area is delicate and should be treated with care. Please read and follow these instructions.

1. Discomfort or stinging may be evident, but usually lasts no more than six hours. Tylenol may be taken or cool packs applied during this period.
2. If swelling occurs, cool compresses may be applied. For facial swelling, sleep with your head elevated.
3. Antibiotic ointment should be applied if there is crusting/scabbing.
4. If a crust or scab develops, allow it to fall off on its own. DO NOT PICK OR SCRATCH at the area. Keep the area moist with the ointment until the crust falls off..
5. Showering is permitted. Do not soak in a hot tub until the area is healed. Do not rub the treated area with a face cloth or towel. Pat the area dry so the skin is not disturbed.
6. Avoid swimming and sports if bruising is present to reduce skin irritation and infection.
7. Do not apply make-up for 2-3 days, or as long as the crusting is present. Using new make-up will cause less irritation.

WHEN ANY DISCOLORATION/BRUISING CLEARS, THERE MAY BE VERY LITTLE CHANGE IN THE VASCULAR LESION. IMPROVEMENT WILL TAKE PLACE SLOWLY OVER A PERIOD OF WEEKS.

IF YOU HAVE ANY QUESTIONS OR CONCERNS REGARDING YOUR LASER TREATMENT, PLEASE CONTACT THE OFFICE. EVEN IF THERE ARE NO PROBLEMS, CALL FOR A PROGRESS REPORT ONE WEEK AFTER YOUR TREATMENT IS COMPLETED.



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## VBEAM FREQUENTLY ASKED QUESTIONS

### HOW DOES THE CANDELA VBEAM WORK?

The Candela VBeam produces an intense but gentle burst of light that selectively destroys the blood vessels, of rosacea, broken capillaries, and spider veins without damaging the surrounding tissue. After laser treatment the surrounding tissue is left intact and normal skin color remains.

### ARE THERE OTHER WAYS TO TREAT MY VASCULAR LESION?

For spider veins on the leg, some patients have received sclerotherapy. This mode of therapy has been very effective in the past but can cause hyper pigmentation or skin discoloration that may last from 6 weeks to 24 months. Also, this treatment modality can be painful and uncomfortably post treatment, requiring specific care.

For other types of vascular lesions, such as port wine stains, stretch marks, scars, broken capillaries on the face, or warts, some patients have tried surgery, electrocautery, cryotherapy (freezing the area) or tattooing. These procedures often result in scarring or may leave an unsatisfactory result.

Other lasers such as the ruby laser, argon laser, and CO2 laser also have been used to treat vascular lesions. These lasers are not as specific to the destruction of the blood vessels in the vascular lesions and have resulted in scarring in many individuals: Because of the chance of scarring, the use of these lasers in infants and young children is not recommended.

### ARE THERE ANY REASONS THAT WOULD NOT MAKE ME A GOOD CANDIDATE FOR THERAPY?

The depth of penetration of the Candela VBeam is limited to vessels about 1.5mm in size. Therefore, vessels greater than this may not respond to the therapy. Additionally, blue vessels may not respond as well as red ones.

### WHAT SHOULD I EXPECT FROM THIS LASER TREATMENT?

Treatment may consist of multiple treatments. For facial veins, one treatment may sufficient for clearance but a second visit is recommended for the best results. These treatments occur on an average of every 6 to 12 weeks. Each individual situation may vary and it is best to discuss yours with the physician.

The type of vascular lesion to be treated will determine the number of treatments needed. Red veins respond better than blue veins and the smaller, matted vessels will respond sooner than vessels up to 1.5mm in size. Port wine stain lesions have more vessels to be treated and require multiple treatments but the number of treatments is unknown in advance.



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#### ARE THERE ANY ADVERSE EFFECTS?

With any laser therapy there is a possibility for adverse effects. The following are adverse effects that may occur with the Candela VBeam:

1. The treated area may hyper pigment, or appear darker after the bruising/red discoloration heals. Normal skin color usually returns within 6 months after laser therapy.
2. Scarring is a risk with the use of any laser. The Candela VBeam has had no reported incidence of scarring. If the post treatment skin care instructions are not followed, this can increase the chance of scarring.
3. The treated area may show a slight depression after the laser treatments. This depression usually resolves within a few months.

#### WILL THE LASER TREATMENT HURT?

For the leg vein treatment, the laser pulses are delivered at staggered intervals, which reduce the discomfort and the post treatment hyperpigmentation. The feeling of a laser pulse has been described as being snapped by a rubber band or a slight stinging sensation. Following the laser treatment, the area may continue to sting slightly or feel warm similar to a sunburn. Applying cool packs post-treatment can alleviate any discomfort experienced during the procedure.

#### HOW LONG WILL THE LASER TREATMENTS LAST?

The duration of your laser treatment depends on the size of the area you wish to have treated or the time allotted by the physician or nurse performing your treatment. You will need to discuss this with the physician or nurse performing the treatment