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### **Vbeam Post-Op Instructions**

#### Precautions to Take Following Your Laser Treatment

1. Do not rub, scratch, or pick at the treated area if bruising/red discoloration (purpura) is present.
2. Please call the office immediately if the area becomes tender, reddened, or shows signs of infection.
3. Avoid swimming, contact sports, and hot tubs while redness or irritation subsides.
4. Avoid rubbing or pressure (caused by clothing) on the treated areas. Wear loose-fitting clothing if your treated area is on a non-exposed area of the body.
5. Avoid exposure to the sun. If sun exposure is expected, apply an SPF 30 or higher sunblock to prevent pigmentation changes until the lesion is healed.
6. Avoid all alcoholic beverages for 3-5 days post-treatment.

#### Care of the Treated Area

1. Apply Vaseline to the treated area three times a day as long as the bruising/red discoloration (purpura) is present ; OR if there is no discoloration or scabbing, a moisturizer may be used daily. It is important to keep the area moist until healed.
2. Showers are permitted, but gently pat the area dry. Do not rub with a towel or washcloth as the area is extremely delicate while the bruising/red discoloration (purpura) is present. If the legs are treated, avoid taking a bath during the first 48 hours as the intense heat may cause additional discomfort. Comfortably warm showers are recommended.
3. Any discomfort you may have (usually not lasting more than a few hours, if any) can be relieved with acetaminophen (Tylenol).
4. After the red discoloration disappears, hyperpigmentation (brown coloring) or hypopigmentation (white) may be present for up to 3-5 months. This is rare; but if it occurs, use an SPF 30 sunblock on the area until the normal color returns.
5. Avoid contact sports during healing if any scabbing or crusting is present to prevent injury to the treated site.