



## VASCULAR LASER TREATMENTS:

### BEFORE YOUR APPOINTMENT

- **Avoid sun exposure and tanning beds for at least 4 weeks prior to your treatment.**
- Avoid applying self-tanner for 2 weeks prior to treatment.
- Avoid aspirin and Ibuprofen for 2 days prior to your treatment. Inform the provider if you are taking blood thinners or regularly take aspirin or ibuprofen.
- Avoid alcohol for 2 days prior to treatment.
- Inform the doctor if you have taken Accutane (oral acne medication) in the past year.
- Store ice packs in your freezer for use after your procedure.

### THE DAY OF YOUR APPOINTMENT

- If possible, arrive without creams or make-up on the treatment area. Cleansing products are available for your convenience.
- If topical numbing cream will be used, arrive 15-30 minutes prior to your procedure.
- Allow 30-45 minutes for your appointment depending on the size of the treatment area.
- Pre-Treatment photos will be taken.
- Just prior to treatment, you will be given eye shields to wear to protect your eyes.
- A cooling gel may be applied to your skin.

### VASCULAR LASER TREATMENTS: WHAT TO DO AFTER YOUR TREATMENT

- Expect your skin to appear red (resembling sunburn) for 2-3 days after treatment. Make-up may be applied to cover redness as needed.
- Your face may be quite swollen, particularly around the eyes.
- Use cold compresses (5 minutes on and 10 minutes off) several times an hour to help ease both redness and swelling.
- Sleeping with your head elevated for the first 2 nights will help decrease swelling.

### WHAT TO EXPECT

- Your skin may be temperature sensitive for several days after treatment.
- It will take 6-8 weeks to see the full result and several treatments may be required to achieve an optimum result.
- Crusting is rare; however, if it does occur a thin layer of over-the-counter antibiotic ointment such as Polysporin can be applied 2-3 times a day for 3 days. Please call us if you experience this uncommon reaction.
- Hyperpigmentation (darkening of the skin color) can occur in some skin types. Please call us if you experience this uncommon reaction.

**For any questions or concerns, please call EFC Medspa at (281) 560-3955. In the event of a medical emergency, immediately go to the nearest hospital and/or ER or dial 911.**