



## Post V-Beam Instructions

Immediately following the laser it is possible to have redness, bruising, and swelling.

For swelling:

- If swelling occurs it may last several hours to a few days. The degree of swelling varies per patient.
- You may use ice packs to help with swelling.
- Sleeping with your head elevated can help swelling subside.
- Oral Zyrtec once daily after laser may also help swelling subside.

For bruising:

- If bruising occurs it can last 1-2 weeks.
- You may safely wear sunscreen and/or makeup.

For discomfort:

- Take acetaminophen (Tylenol) every 6 hours as needed.
- Cool compresses or ice packs can safely be applied to the treated areas.

Rarely a scab or blister may form in the treated area. If this occurs, call our office and begin applying Aquaphor, Vaseline, or Polysporin to the affected areas. **Do NOT pick, pop, or scratch at the lesions.**

### **Restrictions:**

- **For the first 24 hours**, avoid sunscreen, makeup, strenuous exercise, hot tubs, and saunas as they may increase redness and swelling post-laser.
- **For 1 week**, avoid direct sun exposure. Apply generous sunscreen (SPF 30+) daily.
- **For 1 week**, or until redness and irritation have subsided, use only a gentle cleanser and plain moisturizer. Avoid use of active ingredients such as retinoids, glycolic acid, salicylic acid, lactic acid, AHA/BHA, benzoyl peroxide. If you are unsure about whether you should discontinue any of your skin care products please consult with our office.

**For any questions or concerns, call our office at (805) 770-3999.**