



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.