

## Vascular laser post care treatment care-

### What to expect

The area that has been treated with the Vascular laser will be red and may swell over the next 12 hours.

Especially around upper cheeks- this will subside over a few days.

You may have or develop -

Patchy bruising in treated areas- this is normal and will slowly resolve.

Redness ,swelling and bruising only lasts a few days and will slowly resolve.

Sensitive skins may take longer.

Once the swelling has resolved the skin may look the same as prior to treatment, it will slowly improve in redness and discoloration over the next 6-8 weeks.

Repeat treatment may be necessary

### What you should do

Apply cool compresses to treated area( cool face washers)

This will alleviate discomfort and help with swelling and bruising

Gentle skincare products only

Gentle cleansers and moisturisers only

No products with any Actives until swelling has resolved.

No scrubs/brushes/retins etc

Strict SPF protection daily 30 +

No intense cardio vascular exercise for 48 hours

Make up may be worn but avoid rubbing until all swelling has subsided.

### Rare Events

The treatment may activate the cold sore virus – immediate treatment of cold sores is essential.

Hyperpigmentation

Hypopigmentation

In rare cases blisters may form- protect with an occlusive ointment

Contact clinic if concerned

### End point of treatment

80 % of patients will experience a 50 % reduction of redness. You should expect to be less red not no red at all.

Repeat treatment may be necessary.

Annual treatment is often needed for patients who experience chronic redness.