



V Beam Laser Recovery and Care

To achieve desired results, proper skin care after and between treatments is important. It is best to maintain the health of your skin by using a daily moisturizer. Avoid sun exposure and tanning of the areas to be treated throughout the treatment course. Most patients will be able to return to normal activities directly after treatment. Women can wear make-up right away.

Immediately after V Beam Laser treatment:

- You may feel mild stinging, burning or heat in the area.
- The skin in the treated area may be slightly red and swollen, which may last less than 24 hours.
- Occasionally, mild swelling may last several days.
- There may be a few spots of purple bruising, which will gradually fade in 5 to 7 days.
- Discomfort should fade in a very short time, but if discomfort persists, to soothe the area use cold compresses. Soak a soft cloth in ice water and gently place it over the affected area, changing as often as necessary.

First few days after laser treatment:

- Avoid sun exposure or tanning.
- Apply ice for discomfort, especially during the first 24 hours to counteract swelling.
- Apply moisturizer or topical antibiotic cream, if needed.
- Avoid using retinoids for two nights following treatment.
- Avoid scrubbing or rinsing the area with abrasive skin cleansers.
- Use a gentle cleanser twice a day. Wash the area with your fingers - Do not use a wash cloth. Blot dry gently with a towel to avoid scarring.

Possible side effects:

You may experience temporary discoloration or reddening of the skin around the treatment area. Pigmentary changes in skin color may be experienced by some patients. The skin will typically return to normal pigmentation over time.

- **Please call the office 212-230-1212** if you notice blistering and/or crusting.