

VASCULAR PRE- AND POST- TREATMENT CARE AT NORCAL DERMATOLOGY & COSMETIC

PRE-TREATMENT CARE INSTRUCTIONS

- Avoid the use of Self-Tanners, Tanning Beds, and Sun Exposure on treatment site for at least 2 weeks prior.
- Discontinue the use of Retinoids (Retin-A/Tretinoin, Retinol) at treatment site for at least 1 week before and after treatment.
- Inform treatment practitioner of any medications you are taking and fill out the medical history accurately.
- We strongly recommend the following measures to minimize potential treatment side effects:
 - Take a non-sedating antihistamine such as Claritin (20mg) or Allegra (180mg) the morning of treatment day
 - Take five (5) Arnica tablets three times a day for 4 consecutive days starting 2 days prior to treatment day. Our office dispenses high grade Arnica tablets for your convenience.
 - If you have frequent herpes breakouts in the treatment areas such as the lips, inform our office or provider so we can provide you a 3-day prescription of Acyclovir to take starting the day before your appointment.
- No make-up, lotions and sunscreens when arriving for treatment appointment.

POST-TREATMENT CARE INSTRUCTIONS

- Apply wrapped ice or gel packs to the treatment area for ten to fifteen (10-15) minutes every hour for the remainder of the day. Never apply ice directly to skin. Wrapped frozen bags of peas and corn also work well.
- Apply Calendula cream/Lotion to treated areas at least 3 times a day for at least 48 hours after treatment.
- An oral, over-the-counter anti-inflammatory (ibuprofen such as Advil®) or an analgesic (acetaminophen such as Tylenol®) may be taken to reduce discomfort. We recommend ibuprofen for its anti-inflammatory effect.
- If sun avoidance is not possible, apply physical sunblock of at least SPF 40 (we recommend EltaMD sunblocks)
- We recommend the following measures for post-treatment skin care:
 - A skin care regimen that includes a SPF 40 physical sunblock (zinc oxide/titanium dioxide), a gentle skin cleanser, and a soothing gentle moisturizer rich in anti-oxidants to use daily as needed. If you do not have such a regimen already, ask our staff for our [post-treatment skin care regimen](#) or recommendation.
 - Sleep with head elevation at an incline on the first night after treatment to minimize swelling in the morning
 - If bruising occurs, apply Arnica cream at least 4-5 times/day to bruises to help them resolve more quickly
- **AVOID the following, until redness has completely resolved:**
 - Applying cosmetics to treated areas (as directed).
 - Swimming, especially in pools with chemicals.
 - Hot tubs, sauna, Jacuzzis or any activities that cause excessive perspiration and increase in body core temperature.
 - Sun exposure or tanning to treated areas.
 - Aggressive scrubbing and use of exfoliants (e.g. glycolic products) on the treated area.
 - Bathe or shower as usual but avoid hot water as treated areas may be temperature-sensitive.

TREATMENT EXPECTATIONS

- A mild sunburn-like sensation is expected. This usually lasts 2-24 hours but can persist up to 72 hours.
- Mild swelling and/or redness may accompany this, but it usually resolves in two to three (2-3) days.
- The vessels may undergo immediate graying or blanching, or they may exhibit a slight purple or red color change. The vessels will fully or partially fade in about ten to fourteen (10-14) days.
- A follow-up appointment for evaluation is highly recommended.
- Repeat treatments may be performed every 1-2 weeks if skin has fully recovered. One to four (1-4) treatments may be necessary to achieve desirable results.

DO NOT to pick, scrub, remove, or pull at any darkened lesions as scarring may occur.

VASCULAR LESION TREATMENT POSSIBLE SIDE EFFECTS

- Prolonged itching, redness, and blistering.
- Bruising, peeling, rash, lightening/darkening of skin color, crusting, swelling, infection, removal/lightening of freckles.
- Scarring (unlikely complication)
- Risk of incidental hair reduction or removal in the treated areas.

Call to schedule a treatment or for any questions or concerns: 707-527-9517