



SWR Vessel & Telangiectasia's Post Treatment Care

PRIOR TO YOUR APPOINTMENT YOU MUST HAVE TOPICAL ANESTHETIC AND HAVE STARTED VALACYCLOVIR 2 DAYS PRIOR TO YOUR APPOINTMENT (if treatment area is around your mouth). If you do not have these items, call the office immediately at 503-964-5334.

You should be 4 weeks without any sun exposure (either before or after treatment) including visiting a sunny locale. Even if you wear sunscreen daily, if you have been in the sun you will have unpredictable results and we will not treat you. We do not do any heat procedures during the warmer, sunnier weather.

Pretreatment:

For best results and to diminish risk of burns from laser, avoid sun exposure, tanning beds, tanning creams and sunless tanning lotions for 3 weeks prior to treatment and throughout the course of their laser treatment.

- Many medications that are sun sensitive will also make you more sensitive to the laser. Please disclose any medications that you may be taking.
- If you have a history of cold sores, begin prophylactic treatment with Valacyclovir or similar no later than the day prior to your laser hair treatment.
- Notify the center if you develop a cold sore, acne, open lesions in the area being treated, or experience any type of illness prior to your treatment.
- Botox done within 2 weeks prior to treatment is not recommended

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- To relieve any discomfort, cold pack, aloe vera gel may be applied directly after treatment.
- Apply Vit A&D ointment or aquaphor or Vaseline to area to prevent drying and crusting. Ointment applied following the laser treatment can have a soothing effect. If a crust develops, allow it to fall off naturally. Do not shave over any areas with crusting.
- Avoid hot baths/whirlpools for one week following treatment.
- Avoid exposure to the sun. Apply sunscreen with SPF 30 or greater to the area whenever exposure to the sun is unavoidable. Do not apply any sunless tanning creams or use tanning bed 3 weeks prior to treatment and during healing.
- Avoid exercises that can cause vasodilatation for one week post treatment. Walking is encouraged.
- If makeup is allowed, it must be applied and removed delicately. Excess rubbing can open the area and increase the chance of scarring.
- Discomfort, such as swelling or redness can be relieved with Tylenol or ice packs.
- Please contact the office immediately if the treated area becomes tender and shows signs of infection (pus).
- Follow up treatments are scheduled at least at 4-6 week intervals.