

## Patient Instructions for Vascular Laser

### **Prior to treatment:**

- 1) Avoid sun exposure for 4 weeks before and after treatment.
- 2) Aspirin should be discontinued 7 days prior to treatment (please check with your primary care physician if prescribed for medical reasons).
- 3) Non-steroidal anti-inflammatory medications (ibuprofen, naproxen, etc.) should be discontinued 3 days prior to treatment.
- 4) The following herbal supplements should be discontinued 7 days prior to treatment: ginkgo, Ginseng, garlic, vitamin E, and iron.
- 5) If you have a history of perioral herpes (cold sores), antiviral medication will be prescribed prior to treatment.

### **Day of Treatment:**

- 1) Please arrive 15 minutes prior to your scheduled appointment time.
- 2) The skin must be clean and dry .do not apply lotions, perfumes, make-up, deodorant, etc. Do not use hairspray or other flammable products the day of treatment.
- 3) If applicable, take prescribed antiviral medication.

### **Post-treatment Instructions:**

- 1) The treated area should be washed with mild soap and water twice daily. Pat the area dry (do not rub).
- 2) Cold compresses may be applied to the treated area for 15-20 minutes three times daily.
- 3) Acetaminophen (Tylenol) may be taken for discomfort.
- 4) Antihistamines (Benadryl) may be taken for itching.

### **The following may influence the ability to undergo treatment:**

- 1) History of keloids
- 2) Pregnancy
- 3) Autoimmune disease
- 4) Failure to take pre-operative antiviral medication
- 5) Outbreak of perioral herpes (cold sores) at the time of treatment
- 6) History of Accutane, Tegison, or Aciterin within 1 year of treatment
- 7) Failure to sign the consent form