

## **VBEAM PERFECTA HOME CARE INSTRUCTIONS**

To assist you at home following your procedure, please read the following carefully.

### **Post treatment medication:**

Cleanse: Tolieriane Dermo/Foaming /Cetaphil / PS Sensitive / Nia24  
Hydrate: Avene Mist apply every 1-2 hours for swelling or redness.  
Repair: TNS \_\_\_\_\_ x day / Biafine \_\_\_\_\_ x day / Replenix \_\_\_\_\_ x day / K-Derm \_\_\_\_\_ x day /  
Aquaphor \_\_\_\_\_ x day / Bionect gel / cream \_\_\_\_\_x day  
Calm: Locoid Lipo cream \_\_\_\_\_ x day / Pandel \_\_\_\_\_ x day / Dermatop \_\_\_\_\_ x day/ Soothing Beyond Measure  
\_\_\_\_\_ x day  
Arnica 4 tablets under tongue 4 x per day / Advil 1-2 tablets every 6 hrs for pain/swelling  
Protect: Up the Anti SPF 30 / SkinCeuticals SPF 30 / \_\_\_\_\_  
Prevent: Valtrex / Famvir \_\_\_\_\_mg/day x \_\_\_\_\_ days.  
Other: \_\_\_\_\_

The treated area is very delicate and should be treated with care. Please read and follow these instructions.

1. Mild discomfort or stinging like a sunburn usually lasts no more than 6 hours. Use medications as directed above.
2. If swelling occurs, ice water compresses or ice packs may be applied for 5–10 minutes every 1 – 2 hours. For facial swelling, sleep with your head elevated. Avoid alcohol and salt intake until swelling resolves. If swelling is marked, Dr. Roberts may prescribe oral or topical steroids.
3. If bruising occurs, apply K-Derm (available in our office) every 2–3 hours while awake.
4. If red discoloration or crusting develops do not pick, scratch or rub the area. Keep covered with Biafine Emulsion (available by prescription) 2-3 times a day followed by Aquaphor to keep moist.
5. When brown spots are treated, these spots will become darker over the next 3–5 days. Keep the areas moist as indicated with the creams above. These spots will fade away and fall off over the next 7–14 days. **DO NOT** pick them off to avoid healing with any scars or infection.
6. Showering is permitted. Do not soak in a hot tub or bath until the area is healed. Pat the area gently to dry so the skin is not disturbed.
7. Avoid swimming and contact sports if any bruising/red discoloration, swelling or crusting is present to reduce skin irritation and infection.
8. If crusting occurs, do not apply make-up for 2 – 3 days, or until crusting is gone. Please call our office immediately if crusting occurs.
9. If the area becomes more painful, reddened or shows signs of infection, please call our office.
10. Avoid rubbing or pressure (caused by clothing or towels) on treated areas.
11. Strict sun avoidance is requested. Apply sunscreen SPF 30 to 60 to prevent discoloration daily.
12. Darkening or lightening of skin color may occur for up to 3 – 5 months. If it occurs, use SPF 30-60 daily and call our office for treatment.

CONTINUE ABOVE UNTIL COMPLETELY HEALED, YOU MAY RESUME YOUR ROUTINE SKIN CARE PROGRAM IN \_\_\_\_\_  
DAYS

AFTER ANY DISCOLORATION/BRUISING CLEARS, THERE MAY BE VERY LITTLE CHANGE IN THE VASCULAR LESION.  
IMPROVEMENT WILL TAKE PLACE SLOWLY OVER A PERIOD OF SEVERAL WEEKS.

***IF YOU HAVE ANY QUESTIONS OR CONCERNS REGARDING YOUR LASER TREATMENT, PLEASE CONTACT OUR OFFICE.***