
Vascular Lesions

Post Treatment Recommendation

After the treatment

- Apply a cool compress to relieve swelling or reduce warm sensations if needed. Use only wrapped cool packs, never apply ice directly to skin.
- Until irritation has resolved or at least **for 48 hours post treatment**:
 - Avoid excessive exercise, friction and activities that raise body temperature.
 - Do not go in spa, pool or sauna i.e. places when the treated area can be exposed to chlorine, chemicals or excessive heat.
 - Use only mineral make up and gentle cleanser.
 - Sooth the skin as needed with wrapped cool packs, Aloe Vera Gel or/and soothing cream (e.g. Hyal Ceutic or K Ceutic).
- Shower as usual, however do not soak, aggressively scrub or exfoliate the treated area.
- Do not use skin products that contain active ingredients (e.g.vitamin A and AHA) for 5-7 days, or until irritation has completely resolved.
- Do not pick, remove, or pull at any darkened lesions as scarring may occur.
- Do not shave the treated area if crusting is evident.
- If treated on the face avoid laying flat for the next 24 hours, try to sleep with 2 pillows.
- **Avoid direct sun exposure between treatments.**
- **Apply SPF 45+ to protect exposed treated areas.**

What to expect?

1. A mild “sunburn” sensation in the treated area may occur and will gradually subside in 1-3 days.
 2. Mild swelling and/or redness of the treated area may occur after treatment and may last for up to 3 days
 3. Treated areas may be temperature-sensitive.
 4. The vessels may undergo immediate graying or blanching, or they may exhibit a slight purple or red colour change.
 5. The treated vessels will fully or partially fade in 10-14 days.
 6. If the area looks excessively irritated (honey coloured crusting and oozing or spreading redness) or if you experience an unusual discomfort, please contact our office immediately.
 7. If you have any extreme reaction to the procedure or if any other complications develop; if you have any questions or concerns regarding the condition of your skin or well-being following the procedure please seek immediate medical advice.
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