



Manhattan Beach Dermatology

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Vbeam aftercare instructions

Precautions To Take Following Your Laser Treatment

1. Redness and swelling will occur immediately after treatment and can last from a few hours to a few days depending on your skin's sensitivity. Do not rub, scratch, or pick at the treated area. If you are being treated at a higher setting, bruising may occur and can last from 1-2 weeks.
2. Avoid swimming, exercise, contact sports, and hot tubs until redness or irritation subsides.
3. Avoid rubbing or pressure (caused by clothing) on the treated areas. Wear loose-fitting clothing if your treated area is on a covered part of the body.
4. Avoid exposure to the sun. Apply Elta SPF 30 or higher sun sunscreen to prevent pigmentation changes.
5. Discontinue the use of any potentially irritating skin products to the treated area such as retinoids, and acne medications, until redness and/or bruising subsides.

Care Of The Treated Area:

1. Any discomfort you may have (usually not lasting more than a few hours, if any) can be relieved with acetaminophen (Tylenol). The application of ice packs, cold compresses, and aloe vera gel can help reduce discomfort and swelling.
2. You may apply a mild sunscreen such as Elta SPF 30 to the treated areas while they are healing.
3. Rarely, a scab or blister may form in the treated area. Apply vaseline or aquaphor ointment daily to keep these areas moist and avoid sun exposure.
4. Wash with cool water only and use a mild cleanser such as Cetaphil or Cerave. Gently pat the area dry after showers. Do not rub with towel or washcloth as the area is extremely delicate while the bruising or redness is present. Avoid hot baths or showers during the first 48 hours as the intense heat may cause additional discomfort.
5. After the red discoloration or bruising fades, hyperpigmentation (brown coloring) or hypopigmentation (white) may be present for several months. This side effect is extremely rare, but it will fade gradually over several months with using SPF 30 or higher sunscreen on the area.
6. You can return for additional treatments every 4-6 weeks as needed.