



Post V-Beam Laser Instructions

- Avoid direct sunlight 4 weeks after treatment to the treated area. Direct application of sunscreen, SPF 15 or greater, is recommended in the area of treatment.
- For the first 7 days following treatment:
 - AM: wash with a mild cleanser, moisturizer and apply sunblock (make-up if desired)
 - PM: wash with a mild cleanser and apply moisturizer
 - You may resume your normal skin care routine starting day 8.
- A mild sunburn-like sensation is expected. This usually lasts 2 – 24 hours but can persist up to 72 hours.
- You may experience a deep red / bruise-like discoloration on the treated area which may persist up to 14 days.
- Apply cool / ice compress to the area treated for 10-15 minutes every hour for the first 4 hours after laser treatment to reduce discomfort and heat sensation.
- If blistering occurs, apply Vaseline and call our office.
- Until redness has completely resolved avoid all of the following:
 - Swimming, especially in pools with chemicals / chlorine
 - Hot tubs and Jacuzzis
 - Activities that cause excessive perspiration

If you have any additional questions or concerns, please call our office at (616) 888-3100.

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