



**Mount
Sinai
Doctors** *Faculty Practice*

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Vascular/Scar (VBeam) Laser Aftercare

1. Immediately following the procedure you will notice a purple-colored bruise on the treated area. This will usually resolve after a period of up to 3 weeks.
2. Apply a cool compress to the treated area. This will help reduce any post-operative swelling and pain.
 - a. Ice cubes in a bag, surrounded with a cool wash cloth if needed.
3. Sleep with your head elevated on two pillows to reduce swelling around the eyes.
4. Once home, apply an emollient such as Aquaphor or Vaseline to keep the area moist.
5. Tylenol is good for pain relief. Avoid Aspirins as they may break down any clots that are necessary to **ensure a good result.**
6. Gentle, non-abrasive skin cleansing is recommended. DO NOT scrape the treated areas with items such as a rough wash cloth.
7. Should any blisters occur:
 - a. You may gently pop them with a sterile pin or needle.
 - b. DO NOT remove the blister roof. The extra skin is necessary to speed the healing of the skin.
 - c. DO NOT pick at scabs or try to speed the healing process by removing the skin prematurely, this could result in scarring and pigment changes to the skin.
8. Sunscreens with at least SPF30 should be worn daily. Unprotected sun exposure should be avoided.
9. Re-treatments can be done at 6 to 8 week intervals.
10. Should there be any questions or concerns after the treatment please call your doctor.