Dr. Tomi Wall
PRE & POST Pulsed Dye Laser (Vbeam) and IPL (M22) Laser instructions

BEFORE YOUR LASER TREATMENT:
1. Avoid direct prolonged (> 1 hr) exposure to the sun for approximately 4 weeks. Darker melanin or pigment from sun exposure may produce discoloration or suboptimal results.
2. Avoid tanning creams 4 weeks prior to treatment.
3. Notify your doctor if:
- You are pregnant/breast feeding.
- You have a history of seizures, poor wound healing, keloids, vitiligo, psoriasis.
- You have a history of cold sores and are getting treatments in/near that area of the skin.
- You have had isotretininoin for acne within the last 6-12 months.

AFTER LASER:
The treated area may show a reddish/bruised discoloration and swelling. This usually lasts 2-7 days, depending on what part of the body is treated. The treated area is very delicate and should be treated gently for the first week.
- Stinging may be evident for the first several hours. Ice packs can be applied 10 minutes every hour during this period.
- Sleep with your head elevated with several pillows the first night of treatment to reduce swelling.
- Vaseline or Aquaphor ointment should be applied twice a day after gentle cleansing of the area for approximately 1 week. Keeping the area moisturized will soothe the skin and promote healing.
- If a crust or scab develops, allow it to fall off on its own. Do not pick at the area. Keep the area moist with ointment.
- Shower or bathe normally. Pat skin dry gently.
- Make-up should be avoided for 48 hours after treatment.

WHAT TO EXPECT:
- Initially, there may be minimal change in the blood vessels or brown spots. Brown spots may appear darker after treatment, then flake off over the next week. Improvement usually takes place slowly over the course of 3-4 weeks. Follow up with you doctor in 1 month.
- It may take several treatments spaced 1 month apart to see results.

IF YOU HAVE ANY QUESTIONS OR CONCERNS REGARDING YOUR LASER TREATMENT, PLEASE DO NOT HESITATE TO CONTACT THE OFFICE AT 510-763-2662.

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