



## **Laser Rosacea/Spider Vein/Angiomas Pre- and Post-Treatment Instructions**

### *Pre-Treatment Instructions:*

- To help achieve the best possible results, immediately before treatment shave or trim any hairs in the area of treatment, if needed.
- Please refrain from wearing any makeup to your appointment.
- Avoid self or spray tanners for 2 weeks prior to your treatment.
- Stop your retinols 72 hours prior to treatment.
- If you have a history of oral/perioral herpes, please start prophylactic Valtrex 24 hours before your treatment.
- Treatment cannot be provided if you have been on Accutane in the previous 6 months.

### *Post-Treatment Instructions:*

- You may return to your usual daily activities immediately following treatment.
- Avoid hot showers, baths, saunas, or steam rooms for 48 hours post-treatment. This prevents re-dilation of the treated blood vessels.
- Avoid rigorous exercise for 72 hours following treatment.
- Avoid extended sun exposure or tanning for 1 week after treatment. Use an extended spectrum SPF of 30 or higher following any laser treatment. Apply multiple times throughout the day.
- Avoid blood thinning medications (Aspirin, Plavix, etc.) for 1-2 weeks post-treatment.
- Keep the treatment site moist by applying an inert moisturizer (e.g., Aquaphor, Vaseline) multiple times per day for a week after treatment.
- Do not pick at skin if any scabbing occurs!

### *Results:*

- Pronounced vessels, veins, and angiomas may convert to a “cat scratch” appearance (rust colored and bruising) from 24 hours up to 2 weeks post treatment. This is normal. Veins and pronounced vascular lesions may disappear and reappear for up to 3 months post treatment.
- To achieve the best results, follow the laser treatment schedule as recommended by your care provider. After completing the initial treatment schedule, maintenance sessions will typically be needed to manage rosacea flare ups.

*If you are concerned about an emergency, please call (541) 588-4252, or go to your nearest emergency room.*