V-BEAM PRE-TREATMENT INSTRUCTIONS

1. Avoid Aspirin, Ibuprofen, & Aleve products for 2-3 days prior to procedure. **Note:** do not discontinue your aspirin unless authorized your prescribing doctor.

2. If you are taking oral or topical antibiotics for your acne and/or rosacea (e.g. Minocycline, Doxycyline, Oracea, etc.), **discontinue** them for 1 week prior to treatment.

3. Avoid sun tanning and applications of self tanning creams. **If you are currently tan you will need to postpone your treatment,** as tanned skin is unsafe to treat. Use of sunscreen and protective clothing are essential prior to, during, and following your series of treatments.

4. It is important that you tell your Registered Nurse all medications and/or supplements that you are currently taking. Any medication that causes light sensitivity (certain diuretics, antibiotics, anti-hypertensives, etc…) or thinning of the blood (i.e. Coumadin, Aspirin, Ibuprofen, etc…) may increase your risk of side effects from your laser treatment.

5. Avoid the use of potentially irritating products such as retinol, glycolic acid, Vitamin C, bleaching cream, and scrubs or exfoliants for 3 days prior to treatment.

6. Avoid the use of alcohol for 2 days prior to treatment.

7. Prior to your procedure we will apply the anesthetic and wait approximately 30 minutes to allow the cream to work. It is important to inform us if you are allergic/sensitive to Lidocaine/Novocain. The use of anesthetic cream is not recommended for breastfeeding women.

*Please see the reverse side for important Post-Treatment instructions.*

**If you have any questions or concerns, please contact our office**

310.274.9954 ext.227
V-BEAM POST-TREATMENT INSTRUCTIONS

1. A mild cleanser should be used for the next 2-3 days.

2. Avoid harsh rubbing to treated areas.

3. If swelling occurs, apply ice packs and sleep with your head slightly elevated.

4. Sunscreen with SPF 30 or higher needs to be worn everyday and applied frequently throughout the day, during the course of treatments.

5. Topical Triamcinolone cream 0.1% (cortisone) may be applied 2-3 times a day for the next 2-3 days to decrease inflammation.

6. If bruising occurs, take arnica to facilitate recovery.

7. Avoid use of potentially irritating products such as retinol, glycolic acid, vitamin C, bleaching cream and scrubs or exfoliants, for the next 3-5 days.

8. Avoid excessive exercise for 1 day after treatment.

9. Avoid hot showers and baths for 1 day after treatment. Wash treated areas with lukewarm water. If the legs are treated, do not take a bath for the first 48 hours, as the intense heat may cause additional discomfort and slow healing time.

10. Makeup may be used after treatment unless there is irritation.

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