

# VBeam Post-op Instructions

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## **If there are scabs or rough skin (this will be RARE):**

- Notify our office.
- Apply pure petroleum jelly to the scabs or rough skin
- Don't apply makeup to the scabs or rough skin
- Carefully avoid any rubbing, picking, abrasion; don't even use a wash cloth on the area. Pat dry after showers. Do not scrub. Allow any scabs to fall off on their own!

## **If there are bruises:**

- You may cover the bruises with makeup, but do not rub when you take off the makeup, even if you cannot get all the makeup off. Be VERY gentle.
- Do not use anything abrasive, do not pick, rub, or use a washcloth until the bruises have resolved.

## **To all the other areas of treated skin:**

- For most patients, this means the entire treatment area.
- Avoid using retinoids, glycolic acids or any exfoliants for a week.
- Use a daily moisturizer
- If direct sunlight is a possibility, use SPF 30 sunscreen
- If there is swelling, cold compresses are OK to use
- Avoid application of heat; this will worsen any discomfort or discoloration
- Avoid contact sports, swimming and hot tub immersion as long as the redness and irritation persists; this may be as little as one day, or, rarely, as long as two weeks. the usual course is about 3 days.

## **When to call the office:**

- Call the office immediately if the treatment area becomes tender, painful, increasingly red, or if there is any pus.
- Call the office if there are any changes in the skin that concern you.

## **Pigmentation changes:**

- Although rare, persistent, unwanted increase or decrease in pigmentation can occur. If it does, SPF 30 or better sunblock should be used every day until the unwanted pigmentation changes resolve.