



BostonMedical
Aesthetics

Laser Vessel Treatment Pre & Post Care Instructions

PRE TREATMENT INSTRUCTIONS

1. Arrive to your appointment with your skin COMPLETELY clean and dry with no makeup prior to treatment.
2. AVOID THE SUN- The area to be treated should not be exposed to sun 4- 6 weeks prior to treatment. If you are in the sun during this time you should defer treatment until a later time.
3. Treatment of tanned skin may cause blistering or possible hypo-pigmentation which may last for 3-6 months.
4. Avoid using tanning creams, spray tans, or any type of temporary pigmented creams prior to treatment.
5. Patients with a history of the following conditions may not be good candidates for laser treatment and should consult their primary care provider when considering treatment:
 - Diabetic patients or patients with poor circulation
 - Patients who have a history of poor healing
 - Patients who take a blood thinner, such as coumadin or aspirin
6. Patients who are taking high doses of iron may have an increased risk of hyperpigmentation.

POST TREATMENT INSTRUCTIONS

1. The heat from the laser pulses may be slightly uncomfortable during and immediately following treatment. Cold gel packs/ice can be applied to reduce discomfort.
2. Tylenol is recommended for any pain, as needed.
3. AVOID THE SUN-completely after treatment to reduce hyperpigmentation. Use a broad

spectrum SPF 30 zinc oxide or titanium dioxide with UV A/B sunblock.

4. Check with your provider about the possibility of using a daily moisturizer.
5. Avoid strenuous exercise for 48 hours after treatment. Consult your provider.
6. Consult the office immediately at 617-973-9700 if you experience increased pain, redness, swelling or blistering.
7. Your provider may recommend the application of a topical antibiotic ointment if blistering occurs.