



## **Excel V Laser Treatment of Red Vessels and Rosacea: Post-Operative Instructions**

### **What should I expect after my laser treatment?**

The treated area will turn pink to red, or red to purple immediately following your treatment. It is common to have some mild to moderate redness, swelling, or bruising after treatment. Some birthmarks will be dark purple after treatment while some areas might be only pink. The purple areas represent bruising which usually clears in 5-14 days.

Apply cool compresses or ice liberally for the first 24-48 hours, to minimize any pain, redness, discomfort, and/or swelling. It is possible that you may experience several blisters or crusting following the procedure. Crusting and scabbing will usually clear in 7-12 days. If the treated area is near the upper cheek or eye, you should anticipate some swelling. If this occurs, sleep with your head elevated and apply ice packs.

### **What should I do if the treated area begins to crust or blister?**

The skin should then be gently cleansed with hydrogen peroxide or a gentle cleanser and water, then treated 2-3 times daily with the application of Polysporin ointment. *If the area has increased redness, tenderness, or itching, discontinue the ointment and call our office at 520.795.7729.*

### **Is a bandage necessary?**

It is not necessary to wear a bandage. However, if a bandage is preferred, a Band-Aid or a Telfa (non-adhesive) bandage should be used. It may be cut to size and secured with paper tape.

### **May I get the treated area wet?**

The area may get wet while bathing, but swimming or vigorous exercise should be avoided for one week following a treatment.

### **May I wear makeup following the procedure?**

Makeup may be worn if there is no blistering or crusting following the procedure, or when crusting and scabs have cleared and open areas have healed. Particular care must be taken to avoid irritation of the skin while removing makeup. You should avoid abrasive or irritating makeup removers.

### **May I be exposed to the sun following the procedure?**

Direct exposure to sunlight should be avoided following Laser therapy. If there is not crusting or blistering, a broad-spectrum sunscreen of SPF 30 or higher should be applied to the treatment, to avoid sun damage or temporary skin darkening.

### **When should I return to have my treated area re-evaluated?**

You should be checked within four to six weeks to evaluate the effectiveness of the laser treatment. Should you have any questions or concerns prior to your follow up visit, please feel free to call the office at 520.795.7729.

**We look forward to seeing you and providing the best care possible. If you have any questions or concerns, please call our office at 520.795.7729.**