

Vbeam Treatment Guidelines

The Vbeam pulsed dye laser system is designed to safely and effectively treat a multitude of vascular skin conditions, including rosacea, facial veins, scars and red spots. Optimal results may require multiple treatments.

Cold Sores: If you have a history of cold sores, ask us about pre-care instructions.

Avoid Sun for 4-6 Weeks Before Treatment: Tan skin cannot be treated with a Vbeam device as you risk burning the skin. Therefore, please take special care to avoid the sun and tanning beds on the area to be treated for 4-6 weeks before treatment. Wear broad-spectrum sun protection with SPF 30 or higher on any exposed area every day.

Avoid alcohol or taking Asprin for 3 Days Before Treatment to reduce the amount of post-procedure swelling.

Side Effects

The intensity and duration of your side effects depends on the treatment aggressiveness and your individual healing characteristics, but usually can last up to a few days after treatment.

- **Swelling:** You will notice most of the swelling the first morning after treatment, particularly under the eyes. Swelling usually lasts two to three days. To minimize swelling:
 - Apply cold compresses to the treatment area for 10 minutes every hour
 - Sleep elevated the first night. Use as many pillows as you can tolerate.
 - Taking antihistamines (Claritin or Zyrtec) for 5 days may also decrease swelling
- **Redness:** Most redness resolves during the first few hours after treatment, but a rosy 'glow' can remain for several weeks. If you wish, you can apply makeup immediately after treatment to minimize the redness.
- **Pain:** Tylenol may be taken to reduce pain if necessary.
- **Crusting/Scabbing:** If a crust or scab develops, allow it to fall off on its own. Do not pick at the area. Keep the area moist until the crust falls off.

After Treatment Skin Care

- **Avoid Excessive Heat:** For 2 days post-treatment, avoid partaking in activities that will heat up your skin, such as going in a hot tub/Jacuzzi/sauna, or strenuous exercise.
- **Skin Care Products:** All of your skin care products should be non-irritating and non-clogging for the first week. Please do not use any scrubs, toners, glycolic acid, retinoids (RetinA or retinol), or bleaching creams (hydroquinone) until your skin has healed.
- **Sunscreen:** Proper and frequent application of sunscreen is very important. The sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more. You should apply sunscreen 20 minutes before going outside, and again, immediately before. After that, reapply your sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Use this regimen during the healing period and always.

If you have any additional questions or concerns, please do not hesitate to call!

Frequently Asked Questions

Q: How do Vbeam treatments work?

A: The Vbeam pulsed dye laser system produces an intense but gentle burst of light that selectively destroys the blood vessels of your vascular lesion(s), without damaging the surrounding skin and tissue.

Q: How many Vbeam treatments are recommended for optimal results?

A: Your skin, genetic make-up, lifestyle and personal history are unique. They all contribute to how your skin looks and feels. For most people, maximum results are seen in 3-5 sessions that are usually spaced 4-6 weeks apart. We can develop a treatment plan tailored to your individual needs.

Q: How much social downtime is required?

A: The treated area may be pink/red for 4-8 hours after treatment. You may also feel a slight stinging sensation in the treatment area during this time. Swelling may also occur for 3-5 days. You can apply makeup or lotion to the treatment area immediately post-treatment.

Q: Can Vbeam be used in delicate areas such as neck and chest?

A: Yes! It is safe and effective on delicate skin areas like the neck, chest and hands, in addition to the face. In fact, this laser treatment is so safe it has been used successfully for the treatment of port wine stains in infants and young children.

Q: What are the benefits of Vbeam treatment?

A: Benefits include a reduction of facial veins, rosacea, red spots, scars, and wrinkles.

Q: Do Vbeam treatments hurt?

A: Topical anesthesia is applied before the procedure to minimize discomfort. The laser system also has a dynamic cooling device to help further reduce pain. The treatment itself can be compared to a rubber band snapping on your skin along with a feeling of heat. After the treatment, most patients report tingling sensation similar to having gotten too much sun. This sensation usually disappears after 4-8 hours.

Q: What side-effects can I expect and how long will they last?

A: You will have some degree of redness and swelling, but it should resolve within a few hours after treatment. The treated areas may appear darker and can bruise for a short period of time. This is normal and will resolve in a few days.

Q: What precautions should I take after treatment?

A: Wear sunscreen SPF 30 or higher and avoid direct sun exposure while you are healing for at least 3 months after your last treatment. Further protect yourself by wearing wide-brimmed hats if you expect to be out in the sun.

Q: How long do the effects of Vbeam last?

A: It depends on your particular condition and how you care for your skin. Once your skin is restored, continue to protect it. We will give you specific advice based on your needs.