

DERMATOLOGY ASSOCIATES

of Central NJ



CUTERA VARILITE LASER

Dermatology Associates of Central New Jersey

3548 Route 9 South, Old Bridge, NJ 08857

Dermatologyassociatesnj.com

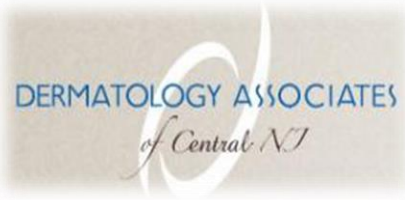
If you have any questions regarding your procedure, please reach us at **732-679-6300**

The **Cutera Varilite treatment** is a laser that utilizes 532nm wavelength to treat vascular and pigmented lesions. A laser generates an intense beam of light. This beam brings energy to a specific site, through a small hand-piece connected to the laser. The laser light is absorbed by oxyhemoglobin (bright red blood cells carrying oxygen) and melanin/pigment (black or brown pigment found in the skin) causing decomposition or destruction by heat of unwanted cells while leaving healthy cells intact. The laser will treat telangiectasias, cherry angiomas, spider angiomas, rosacea, lentigines, keratosis, freckles, and dermatosis papulosis nigra. Please be aware you may need an additional treatment 6 weeks apart if the lesion is not completely treated. This laser is best suited for lighter skin tones, please check with the provider to see if you would be a good candidate.

EXPECTATIONS: Treatment usually takes about 10-15 minutes. The provider will use a pen-like hand-piece to direct a beam of laser light to the lesion. Some patients report feeling a stinging sensation during the treatment so a cooling gel may be used to alleviate any discomfort. However, it is very well tolerated without topical anesthetics.

PRE-PROCEDURE INSTRUCTIONS:

- ❖ Avoid tanning or sun exposure to the area at least 2 weeks before and after your procedure. This includes any form of self-tanning. Tanning will decrease the color differences between the pigmented lesions and the surrounding skin, which is make the treatment less effective and increases the potential for a superficial burn. You will need to wear **at least 30 SPF and reapply at least every 2 hours for two weeks before and after the procedure.**
- ❖ Discontinue any photosensitizing medications (such a tetracycline, doxycycline, St. John's wort) at least 1 month prior to the procedure.
- ❖ If you have a history of herpes simplex, be sure to let your provider know in order to prescribe pre-treatment as the light can trigger a flare.
- ❖ Discontinue all exfoliating, anti-aging, acne products, hydroxyacids (glycolic acid, Lac-hydrin, ammonium lactate), retinols, tretinoin (Retin A, Atralin, Tazorac, Renova, Differin), hydroquinone at least 7 days prior to the procedure.
- ❖ Discontinue use of Efudez, Carac, Solaraze, Aldara, or Picato at least 4 weeks prior to your treatment.
- ❖ You may continue to take aspirin as a blood thinner, but be aware you may experience more bruising and swelling.
- ❖ You may not be a candidate if: history of seizures, pregnant or breast feeding, Accutane within the last 6 months, history of keloids or hypertrophic scar formation, active infection, pacemaker or defibrillator, poorly controlled diabetes, Coumadin or Warfarin use
- ❖ You should wait at least 2 weeks after Botox injection, and should not have any filler in the treatment area
- ❖ **Arrive at least 20 minutes** prior to your scheduled procedure, so we may apply a topical numbing cream if you desire.



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POST-PROCEDURE INSTRUCTIONS:

- ❖ Final treatment results should be evident in 10-14 days for vascular lesions and 2-3 weeks for pigmented lesions.
- ❖ Within the first 24 hours if you experience any discomfort, you may take Tylenol, Motrin, or Aleve as directed.
- ❖ A “bug bite look” is common and usually resolves in 1-2 days
- ❖ Bruising, redness, and swelling are common and will resolve within 2 weeks
- ❖ You will initially notice the pigmented lesions may have darkened in appearance (brown or black) within 24 hours, however, they will begin to exfoliate and lighten after a few days. Do not pick at scabs. These will fall off in 2-3 weeks.
- ❖ For vascular lesions treated on the legs:
 - Compression stockings (20-30mm/hg) are recommended
 - Avoid high impact activity for 3-5 days
 - Hemosiderin staining (brown staining) may occur after a treatment and usually resolves with time (can take 1-2 years) but, on a rare occasion, it may be permanent
 - Strict avoidance of sun exposure may decrease risk of permanent hemosiderin staining
 - Large leg veins may take many months to resolve and should not be re-treated before then
- ❖ You may notice peeling/flaking, redness, or swelling of the treatment area, this is normal and to be expected. Remember the response may differ in every patient, this does not need to occur for the treatment to be effective.
- ❖ You may bathe and shower as usual, although you may be sensitive to extreme temperatures. Please avoid hot tubs or saunas for 1-2 days.
- ❖ Avoid aggressive scrubbing or use of exfoliants during the first 7 days after treatment.
- ❖ You may apply topical antibiotic ointment, like Aquaphor, to the area for the first 3 days. Use a very mild, gentle cleanser for the following two weeks after treatment.
- ❖ Makeup may be used after the procedure as usual
- ❖ You may resume facial products 7 days after treatment.
- ❖ Be sure to use 30 SPF sunscreen (reapply every two hours) at a minimum of two weeks after the procedure.
- ❖ Drink plenty of water.