



## Post Treatment Instructions

### VariLite™ for vein & lesion spots

VariLite is an advanced laser system used to treat the appearance of vascular, pigmented and cutaneous lesions on the face and other areas of the body. Lesions on the skin are destroyed with precisely delivered heat energy, while surrounding healthy cells are left intact.

VariLite laser treatment is safe for most patients, and can be used on nearly any skin type. With minimal discomfort and no downtime, most patients are very satisfied with their results. After treatment, patients may experience mild redness, swelling and flaking. These side effects usually subside within 2 weeks, and can be covered with makeup if desired.

**Typically, patients achieve their desired results in just 1-3 visits.**

The treated area must be treated with care. **BE GENTLE!** Do not scratch or pick at your skin

#### Vascular Facial Lesions

- The treated area may be red afterward. This generally fades within 24-48 hours.
- The treated area can be washed normally with mild soap and water. Wash the area gently with your fingertips. Use of a washcloth or other abrasive instrument is not recommended.
- Avoid irritants such as products containing glycolic acid or Retin-A for 5-7 days.
- Minor crusting or scabbing of the treated area can occur. Do not rub or pick the scab. After washing with fingertips using gentle soap, apply an antibacterial ointment to the treated area 3-4 times per day, until healed.

#### Pigmented Lesions

- Pigmented lesions may turn gray or dark after treatment. As the skin heals, in 5-14 days, the spot sloughs off. Do not rub or pick the lesion. Antibacterial or moisturizing ointment may be applied to the area as desired.
- Do not use a “loofa” sponge on these areas. Let them “slough” off naturally.
- For the next 3-4 weeks, avoid sun exposure to the treated area. Use of a sunscreen containing an SPF of 30 or higher is recommended.

#### Leg Veins

- Vascular treatments in the legs may cause a darkened appearance of the vessels for 7-10 days.
- No exercise for at least 2-3 days.
- Support hose (compression stockings) are to be worn continuously for 10 days.
- If you experience discomfort, place hand towel in ice water and wrap legs.
- You may use Advil, etc., if needed and if tolerated.

- You may shower, shave, etc. as you normally do, after any crusts or scabs have healed.

### **General VariLite™ Post-care Tips**

Following laser treatment, expect some redness and swelling (or welting). This occasionally converts to a “cat scratch” within 12-24 hours. If this occurs, keep area moist (with neosporin or polysporin or moisturizer).

**For the next 3-4 weeks avoid sun exposure or use a sunblock with SPF-30 or greater** if sun cannot be completely avoided. Let “cat scratch” heal naturally, do not pick or disrupt healing. “Cat scratch” should come off in less than 2-3 weeks.

When “cat scratch” comes off, anticipate one of the three responses:

1. Small vessels are gone.
2. Some “trapped blood” may remain in some of the vessels. This eventually absorbs into the body.
3. Vessels may be lighter or not affected. If so, you need additional laser sessions or possibly sclerotherapy for best results.

Patient signature \_\_\_\_\_

Date \_\_\_\_\_ Patient ID# \_\_\_\_\_ Witness \_\_\_\_\_