VBeam Post Procedure Instructions

1. **Apply an ointment** such as Avene Cicalfate Post Procedure, Aquaphor, or Vaseline to the treated area several times a day as long as bruising, scabbing, or discoloration is present. If this is not present, use a moisturizer on the area daily to help with the healing process.

2. Any discomfort you may have should subside in a few hours and may be treated with Tylenol (acetaminophen).

3. **DO NOT** rub, scratch, or pick the area that was treated if bruising or red discoloration is present.

4. **Remember, the area will look worse before it looks better.**

5. Showers are permitted, but gently pat the area dry. **DO NOT** rub with towel or washcloth. If legs are treated, avoiding taking a bath for 48 hours. Intense heat may cause additional discomfort in the area(s) treated.

6. **Avoid swimming, hot tubs, and contact sports** until redness or irritation subsides.

7. **Avoid tight clothing** to prevent rubbing and pressure if the area treated is on a non-exposed part of the body.

8. **Wear sunscreen and avoid exposure to the sun** to prevent pigmentation changes until the area is healed.

9. After the red discoloration disappears, hyperpigmentation (brown spots) or hypopigmentation (white spots) may be present for up to 3 to 5 months. These are rare but if they occur, use an SPF 30 or higher on the area until normal pigmentation occurs.

10. Please contact the office with any concerns at 724-935-9133.