

Redwood Family Dermatology

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Vbeam Patient Information Sheet

What is Vbeam and How Does it Work

The Vbeam is a pulsed dye laser which delivers short bursts of light energy into the skin and selectively targets unwanted vascular conditions such as spider veins. The target is then either destroyed or shrinks in size and is reabsorbed in the body. The procedure is safe for most skin types and is non-invasive. Most common skin conditions that can be treated include; Rosacea, Spider Veins, Angiomas, Port Wine Stains, and Scars. Most skin conditions require a min of 3 treatments and best done in 3-4 week intervals. Some conditions will also require maintenance treatments, your provider will advise you on your individualized care plan during your consultation.

What to Expect During the Treatment Process

The laser has a mild to moderate level of discomfort depending on the treatment size and location. Most people describe the feeling similar to a snap of a rubber band with a slight stinging sensation. We do not use numbing prior to the procedure as it will constrict the vascular target and decrease the effectiveness of the treatment. Immediately after the procedure your skin will be bright red, and will feel like a mild sunburn. You may have mild swelling, and/or have bruising to the treatment area depending on the condition being treated. Most of the redness self resolves within 1-2 days. Swelling and Bruising may be mod to severe for 1-3days with mild swelling lasting up to 10days.

Side Effects/Precautions to be Aware of:

Redness, Mild Swelling, Mild Burning: This is an expected reaction to the procedure and will self resolve. This will last a few hours and up to 14 days. Applying a cold compress, use of oral NSAIDs (i.e. Aleve, Advil, or Ibuprofen) or Tylenol, and increased use of moisturizers will be reviewed by your provider to assist with healing and discomfort.

Bruising: Can occur during more aggressive treatments and typically are seen around bony prominences. Oral Arnica can be taken prior to treatment, topical and/or oral Arnica can be used post tx.

Blistering: Blisters can occur with any laser treatment as a result of creating too much heat in the skin. If this occurs apply vaseline and contact your provider for any further treatment.

Pigment changes: This is an unwanted change in the skin color, darkening or lightening. This is a side effect that generally occurs if **strict sun protection** guidelines are not followed. If this occurs please contact your provider.

Medications: It is recommended to avoid Aspirin, NSAIDs, Vit E and Fish oils for 1 week prior to treatment. **DO NOT STOP ANY MEDICATIONS THAT ARE PRESCRIBED BY YOUR PHYSICIANS.** It is important to inform your healthcare provider of all medications and supplements you take.

Past Medical History: Please be sure to inform your healthcare provider of all medical history.

Exercise: It is recommended to avoid vigorous exercise, hot tubs, and saunas for 3-5days post treatment. These activities increase blood circulation and can decrease effectiveness of treatment.

Pretreatment consultations are important to ensure you receive the best possible result.

Vbeam Pre/Post Care Instructions

Pre-Treatment Instructions:

1. 4-6weeks prior to procedure

1. Discontinue all tanning and self tanning products.

2. 5-7days prior to procedure

1. Discontinue all non prescription Aspirin, NSAIDs (i.e. Aleve, Advil or Ibuprofen), Fish oils, and Vit E. This will help with decreased bruising.
2. Begin oral Arnica if desired (supplement to decrease bruising/swelling)
3. If you have had any change to medications, ie antibiotics for illness, call your provider to ensure treatment may be completed as planned.

3. 1 day prior to procedure

1. Shave treatment area if needed. (Beard/Facial hair should be clean cut)
2. Avoid Alcohol which will thin the blood and can increase bruising.

4. Day of Procedure:

1. Tylenol may be taken 1 hour prior to treatment for pain/swelling.
2. Arrive to appt with the area ready to be treated, no makeup, skin should be completely clean and shaved. (Sunscreen/light moisturizer is ok to apply morning of treatment)

Post Procedure Instructions:

1. Immediately after Procedure:

1. Skin will be bright red and feel like a moderate sunburn. Cold Compresses applied for 10min every 2-4 hours, and calming creams, given by your provider, will help reduce discomfort and swelling.
2. Tylenol, NSAIDs, topical over the counter hydrocortisone, or topical Arnica may be used for swelling, and discomfort if desired.
3. In some cases your provider may direct you to take an OTC oral antihistamine to assist with excessive swelling. **DO NOT USE UNLESS DIRECTED BY YOUR PROVIDER.**
4. Makeup may be applied if desired.
5. Strict Sun Protection must be followed for a min of 3 weeks post procedure. A Broad Spectrum 30 SPF or higher is recommended applied every morning and reapplied every 2 hours if outdoors. Hats, and additional clothing to be worn for outdoor activities.
6. Avoid vigorous exercise, excessive sweating, hot tubs and saunas for 3-5days

2. Day 2-Day 14 after Procedure:

1. Swelling may increase on day 2-3 after treatment. Follow all above instructions and if possible sleep on your back and slightly elevated (extra pillows) for 1-2 nights to assist with swelling.
2. Resume regular skin care regimens once skin is completely healed or as directed by your provider.
3. **Call your provider if any side effects occur; blistering, pigment changes, cold sore breakouts or any other concerns. Office hours Mon-Fri 8am-5pm; after hours on call providers are available 7days/week. (707)545-4537**