



Laser Pigment/Laser Vessel Instructions

Pre-Treatment Instructions:

- Please refrain from wearing makeup to your appointment.
- Treatment cannot be performed on recently sun-exposed or sun-tanned skin.
- Avoid direct sun exposure and tanning beds for approximately two weeks before treatment. Use a broad-spectrum SPF 30+ daily.
- Avoid using self-tanners on the treatment area for approximately two weeks before your appointment.
- If you have a history of cold sores, begin prophylactic treatment with Valtrex or a similar medication at least 24 hours before treatment.
- Botox and/or facial fillers within 48 hours before treatment are not recommended.
- Treatment cannot be performed if you have taken Accutane (oral acne medication) within six months before treatment.

Post-Treatment Instructions:

- Avoid heat and keep the skin cool during the first 24 hours after treatment.
- Avoid strenuous exercise for 24 hours post-procedure.
- Direct sun exposure should be avoided for two weeks post-procedure. You must use a broad-spectrum UVA/UVB sunscreen SPF 30+ daily.
- Avoid harsh scrubs, acids, benzoyl peroxide, Retin-A, or other Vitamin A compounds for five days post-procedure.
- You may resume your normal skincare routine (excluding scrubs) five days post-procedure.
- Avoid picking or exfoliating the treated area to prevent adverse reactions.
- Makeup can be applied after treatment as long as the skin is intact and not broken.

Side Effects:

- **Pigmentation:** Treated pigment may appear darker before naturally exfoliating over 7-14 days. If dryness occurs, apply moisturizer as needed to soothe the skin.
- **Vessels:** Treated blood vessels may appear red and slightly raised, similar to a "cat scratch." Redness and swelling typically subside within 24-48 hours.
- You may experience a sunburned sensation immediately after treatment, which usually subsides within 1-2 hours.

- The skin may appear red for up to 24 hours post-procedure.
- Swelling, especially under the eyes, is a common side effect and may last 3-5 days.
 - Use cold compresses, ice, and antihistamines (e.g., Benadryl) to reduce swelling.
 - Sleep with your head slightly elevated, drink plenty of fluids, and avoid salty foods.
 - You may take NSAIDs (Ibuprofen, Aspirin) or Tylenol as needed.

Aftercare Regimen:

- **Cleanse:** Use a gentle cleanser morning and night. Do not scrub or use a washcloth until the skin has fully healed. Gently pat the skin dry after cleansing.
- **Moisturize:** Apply a soothing and hydrating moisturizer morning and night. Reapply throughout the day if the skin feels dry or itchy.
- **Protect:** Apply a broad-spectrum UVA/UVB sunscreen SPF 30+ every morning and reapply throughout the day. Avoid direct sunlight for at least one week before and two weeks after treatment.

If you think you are having an emergency please call 401-782-2400. After hours or on the weekend please email info@seamistmedspa.com with EMERGENCY DR. SIMPSON.