



La Jolla Cosmetic
Medical Spa
est. 2013

Vbeam Pre & Post Instructions

PREPARING FOR YOUR TREATMENT

- Do not wear makeup on the day of treatment
- No sun-tanning or self-tanners 4 weeks prior to treatment; this includes spray tans, tanning lotions, tanning beds, unprotected sun exposure, etc.
- Some medications or supplements (Fish oils, Ibuprofen, aspirin, Vitamin E, St John's Wart, and any other medically prescribed blood thinner) may increase the risk of bruising. If deemed ok by your primary care provider, discontinue these supplements 5 days prior to treatment.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, other aesthetic or laser treatments, etc.)
- Avoid skin irritants for 5 days prior to treatment; this includes products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic or any kind of acids, astringents, etc.
- Notify clinic with any changes to your health history or medications since your last appointment
- History of herpes or cold sores may require an anti-viral prescription prior to treatment

AFTER YOUR TREATMENT

- Immediately after your treatment, most patients experience a warm sunburn-like sensation. Ice packs can be applied for comfort as needed.
- Redness and swelling can vary from mild to severe and may persist up to 3 days
- Bruising is very common with this treatment, and will self-resolve.
- Sun protection is very important! Sunscreen will be applied to your face after treatment. It is ok to apply makeup directly over sunscreen. Avoid sun exposure and use a broad-spectrum (UVA/UVB) sunscreen with minimum SPF 30 to prevent further sun damage and minimize risk of hyperpigmentation.
- A "bug bite look" or welting, especially on defined vessels, is common and usually resolves in 1-2 days
- Avoid high impact exercise and heat – hot tubs, saunas, etc. for 48 hours
- Avoid skin irritants (examples below) for 7 days post-treatment
- If crusting or blistering occurs, notify the clinic, keep area clean and covered, and apply Bacitracin antibiotic ointment until healed
- You should avoid close contact with pets after laser treatment such as sleeping, cuddling, or allowing them to "kiss" lick you. No matter how clean they are, pets carry germs that are different to human germs. These germs can transmit diseases and cause infections. This could alter your result in a



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negative way requiring antibiotics and even additional treatments. Ask your provider when it is safe to resume close contact.

- For best results, a series of treatments are recommended. Your provider will customize a treatment plan personalized to your needs. The recommended time interval between treatments is 4-6 weeks for most areas.