

Vbeam Procedural Instructions

PRE-TREATMENT INSTRUCTIONS

- RECENTLY TANNED SKIN, natural sunlight and/or in a tanning booth, CANNOT BE TREATED! A minimum of 4 week without sun exposure is required. In case of exposure, you might wear sun protection (SPF50 minimum / zinc oxide) and reapply every 2 hours. Your technician reserves the right to **refuse** to perform the treatment if in doubt. The risks of burning, hyper-pigmentation and/or hypo-pigmentation are too high.
- Stop using any type of topical and/or mechanical exfoliant 7 days before and 7 days after the treatment (retinoid, AHA-BHA, salicylic, glycolic,...microbeads). Your technician may also ask you to discontinue any topical medication and/or other skin care products if necessary.
- The use of any self-tanning products should be discontinued two weeks prior to treatment.
- Avoid taking anticoagulants (aspirin, mobic, ibuprofen, naproxen) one week before the procedure if your health permits.
- Avoid alcohol 48 hours before treatment to reduce the risk of bleeding and/or bruising and 48 hours after to prevent swelling.
- Avoid all makeup, moisturisers and perfume on your skin on the day of the treatment.

WHAT TO EXPECT DURING THE PROCEDURE

- Safety considerations are important to us during the laser procedure. Protective glasses will be given to you and your technician.
- During the procedure, you may feel a sensation of heat and pinching. A DCD cryogenic cooling device built into the laser provides greater comfort while cooling the treated area.
- Throughout the procedure, edema (slight swelling around the hair follicle) and erythema (redness) will start to appear. This reaction is completely normal.

POST TREATMENT CARE

- Right after the treatment, the entire treated area shows erythema (redness). Slight edema (swelling) appears in the hours following the treatment. This is also observed around the treated vessels; they appear lighter, more blurred and less defined. These effects usually subside within an hour of the procedure. In some cases, the redness can remain for up to 48 hours. However, in rare cases, swelling may remain for up to 7 days. It is recommended to take an analgesic (e.g. benadryl) to reduce the swelling.
- Cold compresses can be applied within 12 hours of the procedure if the treated area is particularly hot (burning sensation, sunburn). You can also apply a soothing gel (e.g. Pro-Derm hydrogel) on the treated area.
- In some cases, you may experience some scabbing. Avoid touching and/or scratching to prevent the risk of infection and/or an unwanted scarring.
- Discomfort following the procedure is usually mild, however, oral analgesics (e.g., extra-strength Tylenol) can be taken.
- Make-up can be applied 24 hours after the treatment, as long as the integrity of the skin has not been affected.

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- Avoid hot showers, aromatic baths, swimming pools, spas and saunas for 48 hours after the procedure.
- Avoid activities and/or exercises that cause excessive sweating for 48 hours after treatment.
- You **must avoid** all exposure to **UVA and UVB radiation** (natural sunlight and/or tanning booth) for **14 days after the procedure**. The treated area remains susceptible to sunburn and pigment changes. Please wear a minimum of SPF 50 sun protection everyday and reapply every 2 hours if you are exposed (outdoor activities). Delayed blistering following sun exposure has been observed up to 72 hours after treatment.
- If you are in the middle of a series of phototherapy treatments, you should avoid natural sunlight exposure and/or tanning booths and always wear sun protection (SPF 50 minimum) all the time.
- If skin lesions and/or blisters appear, apply an antibiotic ointment and contact the office immediately.

Post-treatment skin care to start the same day

Step	Procedure	Example of products
1	morning/evening - Clean with mild cleanser	<i>will be recommended to you in person after a personalized skin assessment by your laser technician</i>
2	morning/evening - Apply a redness reducer serum	
3	morning/evening - Apply a moisturising / repairing cream	
4	morning - Apply Sunscreen	